

School Contact Information

Tel : 01604 635071 Option 1 Park Campus
Option 2 Stirling Campus
Email: enquiries@avps.org.uk
Website: www.abingtonvaleprimary.org.uk
School Gateway:
<https://login.schoolgateway.com/>
Arbor Parent Portal: <https://login.arbor.sc/>
School Lunches: www.app.schoolgrid.co.uk

Our value for the term: Responsible

We will teach each other to be answerable or accountable, we look to take on responsibilities and we look to support each other to achieve them.
We know that we are all responsible for each other, our school environment and the wider world around us. As a team we all play our part, we are all responsible

Diary Dates

March

18th - Year 5 PC performance at the Royal Theatre
26th - Parent Consultations/Book Fair
27th - Parent Consultations/Book Fair
28th - Easter Fun Day / Last Day of Term

April

19th - Groups/Leavers photos

May

8th - Year 2 'Great fire of London' Event
20th - Year 1 Shoe Museum Visit - SC
21st - Year 3 West Stow Trip
22nd - Year 1 Shoe Museum Visit - PC
23rd - Year 6 Drayton Manor Park Trip

June

7th - Reception trip to Hamerton Zoo
7th - Year 4 National Gallery Trip

Superhero of the Week

Well done to all the Children who have worked so hard this week and demonstrated lots of our School Values.



Park Campus

Foundation EH is Thomas, for always making good choices and being a kind friend.

1HB is Noah. He has worked so hard to show excellent behaviours and phonics skills are shining.

2CG is Amaya, for having a positive attitude to learning and being brave all week.

3JM is Elsie, for consistent hard work throughout the week.

4EJ is Rhiana, for trying her best this week to be a good role model to her peers and knowing when it is time to focus on her work!

5LG is Haneefah, for pushing herself in class to answer questions and offer suggestions.

6VP is Tomas, for persevering during his assessments and approaching them with a positive mindset.

Stirling Campus

Foundation RW is Lilliane, for enthusiastic learning and pushing herself to try new challenges.

1SW is all of the Children, for showing fantastic enthusiasm, good manners and learning behaviours during our History off the Page

2LH is Alyan, for working hard and challenging himself in all lessons, and being an excellent role model to others.

3TF&AB is Aizah, for writing excellent story ending and helping others.

4EW is Stanley, for working hard in our recent tests and having a positive attitude to his learning.

5RT is Gerard, for showing good learning behaviours and for supporting other children in class with their learning.

6TM is Madina, for always having a positive attitude towards learning and for making excellent progress in maths. You always brighten up our days in year 6!

Healthy Snacks and Lunches

Please ensure that your children's lunch boxes contain a balance of healthy foods. Children should only bring in a healthy snack such as fruit or a cereal bar.

Please remember that children should only have water in their water bottles

Please also remember, we are a **NUT FREE school**. Please do not send any food in containing nuts as we have children here with serious nut allergies.



Music

NMPAT Lessons:

For those children who have signed up to music lessons with NMPAT, these will take place on the following days:

Monday - Woodwind & Upper strings -
Park and Stirling Campus

Wednesday - Guitar Lessons - PC

Thursday - Guitar Lessons - SC

Recorder Clubs

Park Campus

Lunchtime - Mondays - Years 5 & 6

Stirling Campus

Lunchtime - Fridays - Years 4, 5 & 6

Choir

Park Campus

Lunchtime - Wednesdays - Years 4, 5 & 6

Stirling Campus

15.15pm - 4pm - Tuesdays - Years 3, 4, 5 & 6



Reception Trip to Abington Park Museum

We took Reception to Abington Park Museum this week to further learn about our topic 'Toys'. We had a great time exploring toys of the past, so much so that some of us thought these toys were more enjoyable than the toys we have at home!

Check out Tapestry for some pictures of our visit!

Pop up School Uniform Shop

Jules at Home are coming into School and parents are invited to come along if they wish to purchase any new School Uniform.

Stirling Campus: Tuesday 26th March 3.30pm - 6pm

Park Campus : Wednesday 27th March 3.30pm - 6pm

Sports Clubs



Tennis Club

18th March - 8am - 8.50am - **Park Campus**

19th March - 8am - 8.45am - **Stirling Campus**

22nd March - 15.30pm - 16.00pm - Girls Initiative - **Park Campus**

MAB Gymnastics

18th March - 15.15pm - 16.30pm - **Park Campus**

19th March - 8am - 8.50am - **Park Campus**



Hotshots Basketball

18th March - 15.15pm - 16.30pm - **Stirling Campus**

21st March - 8am - 8.50am - **Park Campus**

Freestyle Football

19th March - 15.30pm - 16.30pm - Years 1, 2, 3 - **Park Campus**

21st March - 15.15pm - 16.30pm - **Stirling Campus**

22nd March - 8am - 8.50am - **Years 4, 5, 6**

Zoons Dance

19th March - 15.15pm - 16.15pm - **Stirling Campus**

20th March - 8am - 8.50am - **Park Campus**

Dodgeball

21st March - 15.15pm - 16.30pm - **Park Campus**

22nd March - 15.15pm - 16.30pm - **Stirling Campus**

Rugby Club

19th March - 15.15pm - 16.15pm - **Park Campus**

22nd March - 15.20pm - 16.20pm - **Years 4, 5, 6 - Stirling Campus**

PE News

Last Friday, a group of KS2 girls attended a girls cricket takeover festival at ON's RFC. They represented Abington Vale fantastically and had a brilliant time learning lots of new cricket skills.

On Wednesday this week, 12 year 5 children attended a net and wall festival at Benham sports centre. Alison, who attended the event, said "it was challenging but also a lot of fun!" At the end of the festival, some children were awarded with a shining star award for demonstrating excellent school values and we are proud to say that Andrea received one of these awards - Well done Andrea!



CAMPUS KIDZ

Due to the success of Easter Club the last few years, we are pleased to say we will be running another Easter Club this year.. This is a fantastic opportunity and is available to all children from Reception to Year 6.

Easter club will run this year as follows at Stirling Campus;

WEEK 1 – 2nd-5th April 8.45-3.30pm Children will need to bring a packed lunch.

WEEK 2 – 8th-12th April 8.45am-3.30pm Children will need to bring a packed lunch.

Prices for the club will be:

Single day booking- £18.50

4-day booking £62.50 (Week 1)

5-day booking- £77.50 (Week 2)

Sibling Discount - Single days - £15.50. 4 Full days (week 1) £52.50 per child. 5 Full days (week 2) £65.50

To book a place, please complete a form and return it back to school.

This will then be payable via your School Gateway Account.

Year 6 Events

11th July 2024 - Park Campus Year 6 School Play

15th July 2024 - Stirling Campus Year 6 School Play

18th July 2024 - Park Campus Year 6 Leavers Party

18th July 2024 - Stirling Campus Year 6 Leavers Party

23rd July 2024 - Park Campus Year 6 Leavers Assembly 9am

23rd July 2024 - Stirling Campus Year 6 Leavers Assembly 1.30pm

Guardian Consultations

Guardian Consultations have now been set up for Tuesday 26th March and Wednesday 27th March. Please log into your Arbor account to book a slot.

Donation Request

Our Pavilion Pre-School are asking for any donations of interactive toddler toys.

Please could these be left at the school offices. Any donations would be greatly appreciated.

Statutory Tests

13th - 16th May 2024- Year 6 SATS

3rd - 7th June 2024 - Year 4 Times table Tests

Stirling Campus News

Abington Vale Stirling Campus had some Solar Panels fitted over the holidays. This means we will be not only be more environmentally friendly but also be saving money and potentially be making money by giving back to the grid. We were able to access a grant for the panels due to fulfilling the requirement to have LED lights throughout the building.



We would of course like to do this at Park Campus, but as Park is maintained under PFI, we have restrictions on what we can do. I have however discussed with senior staff.

We are very proud to be leading the way for schools to be more environmentally friendly and lowering our carbon footprint.

Abington Vale Primary School

EASTER

Fun day

Thursday 28th March 2024

For £2.50, your child can join in with a fun filled day by coming to school in mufti and taking part in our Easter activities

Get creative and decorate your very own easter bonnet. Bring your bonnet in on the day of the event and the best bonnets shall win a prize!

Please pay via school gateway

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College

Easter Holidays Activity Camp

northamptonshire
sport

2nd – 12th April 2024
9:00am – 4:00pm

£15
per child
per day

Benham Sports Arena
5 – 11 year olds

Experienced & knowledgeable
staff with enhanced DBS
checks

Safe & inclusive activities
designed for all ability levels

Fun & enjoyable sports &
physical activities

Activities include...

Dodgeball | Handball | Rugby |
Basketball | New Age Kuring |
Kinball | Volleyball | Team Games |
Netball | Arts & Crafts | Cricket |
Athletics | Badminton | Tennis



**We are Northamptonshire's leading
physical activity, health and wellbeing
charity.**

www.northamptonshiresport.org

UK registered charity number: 1184107

