



A massive St John's well done to all our Silverdale Stars this week.

CURLEWS – Jax

For being an active learner when exploring the great outdoors. Amazing effort Jax!

BITTERNS – Finley

For insightful answers at Leighton Moss and sharing your knowledge with friends

HARRIERS – Marnie

For being so well behaved on our trips out this week and for giving everything a go, such as dodgeball. You have been amazing.

Job Opportunities

We have positions in school for...

Teaching assistant – working in KS2. 15 hrs.

Please click [here for information](#).

Cleaner/site supervisor position – 15hrs.

Welfare assistant and/or **pot washer** – 5/3.75hrs

If you are interested in any of the above, please email bursar@silverdale.lancs.sch.uk

Lunches



Children must bring packed lunch on 22/23 July, as the kitchen is closed

End of year times

We will be having our leavers' service next Tuesday at 1100, followed closely by the whole school picnic (pray for good weather!) at 1200. We will then finish with an end of year assembly at 1245. The children can be collected after this if you wish. School finishes at 1400 on Tuesday. After school club finishes at 1700

Friday Thought

But the saints of the Most High will receive the kingdom and will possess it forever – yes, for ever and ever.“ – Daniel 7:18

Ladies in Pigs

'Ladies in Pigs' were delighted to be able to present Jude Knight with his prize bag for the best photograph of one of their recipes, in the 2024 children's competition. As well as the gift bag, Jude received a £50 voucher to spend at lots of different shops.

The competition is for any children in years 3-6 to make one of the Ladies in Pigs recipes and take a photograph of it. The one that looks the most like our professional photo in the Pig Issue children's activity booklet, wins.

Jude even sent the ladies a 'after picture' of the delicious sausage rolls! Crumbs and all! Well done, Jude.

Why not enter the competition next year yourself?

LHSSN Olympics

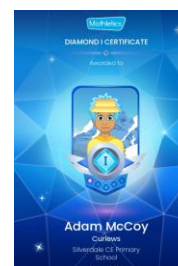
Wednesday was amazing!!! Harriers' attended the LHSSN Olympics! 12 sports, 1 day!! There were almost 1000 pupils there. All happy & all active!

Big thanks to all the coaches:

Morecambe FC Wigan Warriors Heysham Golf Club Lancaster Phoenix Korfbal SROC - Red Rose Orienteers Youth Hoops Basketball MS Sports Coaching @lancashire cricket Salt Ayre Leisure Centre & Mrs Whiteside/Our Lady's dancers, Scott Wilcock & Barry & Rossendale SGO. & sports leaders from Our Lady's Catholic College, Lancaster & Bay Leadership Academy.

We did REALLY well – winning two and drawing one match in the TAG rugby. Then we only went and got gold in the pairs event for Orienteering and then silver for the team event! The children were amazing!!!

Mathletics



Well done to Adam and Toby for their first 'firsts'. Well done to all children who have had Mathletics certificates this year.



Summer Reading Challenge 2024

Keep reading this summer: the link below will take you to everything you need to know
<https://summerreadingchallenge.org.uk/>

This year children will join the Marvellous Makers who are busy getting creative for a big festival... But the objects they need have mysteriously disappeared. Children will help the Marvellous Makers find the objects they need to complete their creations.

Leighton Moss

What a brilliant day we all had at Leighton Moss yesterday. Anna, Kath and Rachel were fantastic at sharing all the wonderful things the team do at the nature reserve. We made mood boards, learnt all the sounds that all the different birds make and went pond dipping.

We got pretty good at identifying different species from the bird hides too. There was talk of a sighting of a bittern, which was SUPER exciting. It was lovely to explore this wonderful resource that's on our doorstep.

Thanks to Miss Jackson for organising, and to John, Steve, Janet, Pete, Chimene, Lizzie, Emma, Dan for walking with us and transporting our little ones.

Community Cinema

This was a nice evening of community spirit in the Gaskell Hall. 'Wonka' was showcasing on the big screen. There were ice-creams from the Blossom Bird and the bar was open! School made £53 on the raffle. Thanks to all the donors for their prizes. Co-op, Chemist, the post office and to all our parents.

Parking

Please be mindful when parking in the church, not to block others in and to drive with courtesy. If possible do not park opposite church, as the angles make it tricky for large vehicles to pull in/out.

Horticultural Society

On Saturday 7th September, it is the Annual Show. There are children's sections for Modelling, Art, Photography and Baking, it would be great to see some entries from Silverdale St John's pupils.

Message from Miss Sanderson

Well, this is my final newsletter of this academic year, and I have to end with a HUGE, HUGE thanks to all staff for their hard work this year – working closely with the children, outside agencies and with me. Wherever possible, we have sought to provide our children with rich experiences – ones that they will remember forever. Our recent SATs results and inspection report reflect the love, time and effort the staff put into their roles and responsibilities. They are a credit to school. To the governors too. Our governing body is so supportive. Their strategic vision for school permeates through all of meetings and through their voluntary contributions – whether directly with the children, or in the background... And of course, to you!

Parents and families. Thankyou!

Thank you for choosing Silverdale St John's. Thank you for supporting us with home links. Thank you for your contributions – financial, advisory and words of encouragement.

Most of all, THANKYOU TO THE CHILDREN! What a joy they are! Animated, fun, resilient and hard working. We couldn't ask for more. HAVE A SUPER SUMMER EVERYONE AND SEE YOU ON **WEDNESDAY 4TH SEPTMBER**

Attendance

11.07.24-17.07.24. Well done to Harriers

Curlews – 96.0%

Bitterns – 94.3%

Harriers – 97.8%

Class Blogs

It's Harriers' class this week! Please [click](#) on the link to gain an insight into what the children have been learning in class. Please also check out our school [Facebook](#) page.

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 on, 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 Elliott – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College