

St Ambrose Newsletter

With Jesus, we plant the seeds of tomorrow

15th March 2024



0151 425 2306



www.stambroseprimary.co.uk



@StAmbroseSpeke



Weekly Attendance

Reception	90.5%
Year 1	94.0%
Year 2	98.7%
Year 3	84.3%
Year 4	97.9%
Year 5	91.7%
Year 6	97.8%

**Whole
School:
94%**

We aim for every child to have at least 97% attendance over the year. Children with this level of attendance will be rewarded each term.



Golden Book

Certificates

Congratulations to the following children who all received a golden certificate this week

Nursery	Archie S
Reception	Catherine P
Year 1	Montana A
Year 2	The whole of Yr2
Year 3	Gacel C
Year 4	Garly C
Year 5	Filip S
Year 6	Iyla H



Nursery

Our theme in Nursery this week has been 'Down on the Farm'. We have been learning all about the different animals that live on a farm; what they eat and which areas of the farm they live in. We have been singing 'Old MacDonald' and it has been lovely to see the children's animals they made at home, I look forward to seeing the rest. We have our visit from Acorn Farm next week, so please log on to Arbor to consent and pay for this educational visit. In maths, we have continued to recognise numbers 1 to 5 and have used our interactive whiteboard to play lots of number games. In our NELI lessons this week, we have read the book 'Pip and Posy, the new friend', and our special words are; sea, beach, dig and collect.

Reception

This week in maths, we have been exploring number patterns up to 15. We can now count objects and pictures, order number cards and spot missing numbers. We have been playing a read and draw game this week in Literacy, using Fred talk to help us read the instructions. We have also been learning how to trace. I am so impressed with the children's concentration and focus as they carefully drew over the lines to create some amazing pictures. Our drawings are developing really well. In preparation for our visit next week, we have been learning about animals and jobs that need doing on the farm. We have been singing Old MacDonald and Dingle Dangle Scarecrow. Please log on to Arbor to consent and pay for the visit from Acorn Farm.

DATES FOR YOUR DIARY

Monday 18th March: Cross Country at Wavertree

Tuesday 19th March: Nursery and Reception Acorn Farm Animobile visit

Wednesday 20th March: Ski Presentation Assembly 9am - Parents welcome

Thursday 21st March: Y4 Swimming

Thursday 21st March: KS2 Singing Concert - Parents welcome at 2:15pm

Friday 22nd March: Y4 Visit to Eco-Centre Southport

Year 1

We've had such a busy week completing end of term quizzes in Year 1. I have been very pleased with how well the children have worked and how they have applied themselves all week. We have been really working hard on our phonics and increasing our speed reading. Keep on practising as much as possible at home! In maths on Tuesday, we found the difference by subtracting numbers up to 20 and in our R.E. lessons this week, we've heard the story of Zacchaeus the tax collector, thinking about what questions we'd ask him. We also heard the story of Jesus being tempted in the desert. We thought of times that we've been tempted and also how he must have felt being there for 40 days and 40 nights. Have a lovely weekend everyone!

Year 2

What a great week we have had in Year 2! Everyone really enjoyed our visit to Chester Zoo, including the 'Living Things and their Habitats' workshop. We were very proud of our children's impeccable behaviour and for being great ambassadors for our school. Thank you to our children for their hard work and resilience during our assessments this week. This week was also STEM week, and the theme for this year is 'Time'. We carried out an investigation to explore the effect of particle size and how different-sized particles interact with our respiratory system, and how we breathe in and filter the air around us. A reminder that homework, including home reading books, must be returned to school every Friday. Thank you.

Year 3

Another busy and successful week in Year 3. In maths we started our new unit 'Time'. We have recapped our learning from Year 2 and chronologically organised events in AM and PM. In English, we have made good progress with our modern fairytales. This week we have written our openings and character descriptions, the children have enjoyed using their creativity. As part of STEM week we created our own shadow puppets and recreated the story of Red Riding Hood with our puppets. We continued our learning about 'Ancient Egypt' this week exploring what the Ancient Egyptians believed about the after-life. On Friday, we fundraised for Lent. Thank you to all who contributed to our cake sale,

Year 4

Year 4 have engaged so well this week in all of our learning. In maths, we have compared and ordered different decimal numbers. We also discussed how and why we round decimal numbers to the nearest whole. In English, the children created a writer's toolkit for an adventure narrative, to prepare them to write about a ship-wrecked adventure next week.

The children enjoyed exploring our nature trail during science, as we searched for flowering and non-flowering plants. This then helped us create our own classification key to identify plants and their features. On Friday, we celebrated the end of our Eucharist topic with a class assembly. Thank you to all those parents and family members who were able to attend.

P.E. AT ST AMBROSE

This week, in P.E., everyone has worked so hard! Key Stage 2 kept developing athletics skills, such as javelin throwing, shotput and paarlauf races! Year 2 tried out some freestyle dancing and added this to their routine. Year 1 worked on their throwing skills to win points in attack, defend and shoot games and our Reception class carried on using inspiration for dance moves, with this week being seasons! Our stars for this week are: R - Elias, Y1 - Isaac, Y2 - Oliwier, Y3 - Gacel, Y4 - Ali, Y5 - Aibel, Y6 - Amber.

Year 5

Another busy week in Year 5, I am so proud of how hard all of the children have worked this week. In maths, we have begun our topic: transformations exploring the different coordinations to be able to translate a shape. In English, we have drafted, edited and published our biographies based on famous explorers using our writer's toolkit for support. This week has been British Science Week, the children enjoyed planning, investigating and drawing conclusions about how our respiratory system responds to different sized air particles. In R.E., we have finished our Eucharist topic, watching the film clip of the story of the Last Supper, before going forth and sharing one way we are going to keep what Jesus asked, alive.

Year 6

We have had a great week in Year 6. In maths, we have been interpreting data. We read line graphs, and then created our own to represent information. We then explored pie-charts and how they can be used as a visual representation of quantities of an amount. This week has been British Science Week. The theme of the week is 'Time'. We discussed how technology has changed over time and, as a result, so have the jobs that humans do. We used our computing skills to create time machines and create an algorithm to travel back in time. In English, we have been learning about active and passive voice. We used our knowledge of subject, verb and object to change active sentences into the passive!

Have a great weekend Year 6!

SAFEGUARDING/MENTAL HEALTH

Getting enough sleep and creating a good bedtime routine is so important for your child's physical and emotional wellbeing. Please see next page for top tips to develop healthy sleep patterns.

SKI PRESENTATION

After a really wonderful ski course, our children will be presented with their medals and trophies in an assembly to be held on **Wednesday 20th March at 9am**. At this assembly, there will be a short video of the children, that was made during their stay. Letters for the Liverpool Primary Ski Course 2025 have been sent home today, to children in years 3, 4 and 5.

PACKED LUNCHES

As a school, we are committed to promoting healthy eating habits during lunch time, and we appreciate your support in providing nutritious packed lunches for your children. When including grapes in your child's lunch, please ensure they are cut into small, bite-sized pieces to reduce the risk of choking. Grapes should be sliced lengthwise or into quarters to make them more manageable for children. Please speak to your child about not sharing their packed lunches with others, as this can pose a significant health and safety risk.

KS2 CONCERT

On Thursday 21st March at 2.15pm, Key Stage 2 would like to invite their parents and families to a concert in which they will showcase songs that they have been learning throughout this term with Mr Watson. The cost for attending the concert is £1 and all of the money raised will be donated to Asylum Liverpool which is the chosen charity for the Archdiocese of Liverpool this Lent. Thank you in advance for your support.

LENT FUNDRAISING

Key Stage 1's Lent Movie Night was a huge success last week and this week, Year 3 and Year 4 held a bake sale to raise money for Asylum Liverpool. Next week, it is the turn of Year 5 and Year 6 to hold their event.

VOLUNTARY ONE-WAY SYSTEM

In our continued efforts to minimise the risks to our pupils, please be reminded that we follow a voluntary one-way traffic system outside of school. The aim of this system is to increase safety and ease congestion whilst also creating a calmer and efficient school drop-off and pick-up.

The route is as follows:

Approach school via Alder Wood Avenue

Turn right on to Alderfield Drive

Park/ stop car before the start of the school railings and let children out kerb-side.

Continue along Alderfield Drive to exit the one-way system or turn right onto Ringsfield Road.



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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.



#WakeUpWednesday

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