

Newsletter 23 - 6th May 2022

Headteacher's Note:

Hi everyone,

We have had a busy but most enjoyable week here at Albrighton. Firstly, you will see that RAF Cosford personnel have continued to work on the garden which I'm sure you'll agree, is looking fantastic; Years 3 & 4 enjoyed a challenging but fabulous day with the STEM team at Cosford and Reception Rangers had great fun at Albrighton Garden Centre.

We are also overwhelmed by the generosity of Albrighton Garden Centre: for providing all of the resources in our newly refurbished garden area, free of charge.

I'd like to say a huge thank you to all RAF personnel and Garden Centre staff and owners for all their contributions and efforts to our pupils and the school. We are grateful beyond words.

The official opening of our garden will be on Jubilee Celebration Day on 26th May. We look forward to welcoming representatives from both RAF Cosford and Albrighton Garden Centre to this event.

Kind Regards
Julie Bratt

Value of the Month Honesty & Trust

Dates for your diary



Wednesday 11th May

Rangers S visit to garden centre

Friday 13th May:

Non uniform (bottle donation)

18th to 20th May

Y6 attending Pioneer Centre

Friday 20th May:

Non uniform (smellies donation)

Tuesday 24th May:

Y5/Y6 Visit to Selly Manor

Thursday 26th May:

Jubilee Celebration

Friday 27th May:

Last day of term

Class Heroes:

Reception Rangers M:

Millie
Eleanor

Reception Rangers S:

Logan
Liam

Shooting Stars:

Penelope
Hayes

Racing Rockets:

Poppy
William

Cosmic Comets:

Lincoln
Guy

Well
Done!



Star Readers:

Reception Rangers M: Darcy; Reception Rangers S: Jasmine; Shooting Stars: Millie; Racing Rockets: Harley; Cosmic Comets: Brae; Skyflyers: Milo; Starships: Gwen; Stargazers: Rosie; Explorers: Isla; Aeronauts: Tobi.



Star Writers:

Reception Rangers M: Christal; Reception Rangers S: Mia; Shooting Stars: Milo; Racing Rockets: Layla; Cosmic Comets: Eilidh; Skyflyers: Millie; Starships: Jacob; Stargazers: Dahlia; Explorers: Layla; Aeronauts: Evie-Mai



Attendance:

3rd to 6th May

Reception	89.4%
Rangers M	
Reception	80.0%
Rangers S	
Shooting Stars	95.8%
Racing Rockets	93.1%
Cosmic Comets	96.9%
Skyflyers	86.3%
Starships	88.8%
Stargazers	89.1%
Explorers	91.9%
Aeronauts	97.5%

Queen's Platinum Jubilee Celebrations



Our Queen's Platinum Jubilee Celebrations - Thursday 26th May

On Thursday 26th May, we invite you to join us at school in celebrating the Queen's Platinum Jubilee at a lunchtime picnic with your children followed by a Summer Fayre. Our picnic will be held on the school field from 12:00pm- 1.10pm where the children's picnic lunch can either be ordered from the school kitchen or can be brought in from home. After the picnic, children will go back to their classes to be registered and parents will be invited into the classrooms of their children to see the work they have produced while learning about the Queen and her 70 years reign. The fayre will follow until 3pm with refreshments, games and stalls on offer.

During the afternoon, we will also officially open our Queen's Platinum Jubilee Wellbeing Garden and showcase the STEM projects that children have designed and created, all linked to the Queen.

Non-school uniform

We will hold two non-school uniform dates prior to the event to ask for items for our tombola stalls. Friday 13th May we ask children to bring in a bottle for the bottle tombola and Friday 20th May to bring in smellies for the toiletry tombola.

Book lunch

If your child requires a school picnic lunch on the 26th May, it will need to be ordered online by Monday 23rd May. You will be able to book through ParentPay from Monday 9th May

We do hope to see as many parents, siblings and grandparents join us on the day as possible, to mark this momentous occasion in a way that is fitting.

Help for our Jubilee Celebrations on the 26th May

We are looking for a DJ for our event - someone who will be able to play some music and help us get into the party spirit. If you feel this is something you can do then please contact the school office.

As part of our fayre we would like to have a raffle stall. If you feel you or a business, you know could donate a prize then we would be really grateful.

Are you a baker? If so, would you be able to donate some cakes for our refreshment stall?



Memorable Experiences

Reception Rangers M



We walked to the garden centre in Albrighton and had a super time finding out which plants are best to plant in our outdoor area. We want to plant flowers that will attract minibeasts into our garden. We are superstar walkers in Rangers as it was a long way! We were lucky as we were given seeds to plant outside.



PIC•COLLAGE

Memorable Experiences Year 3 and 4



We flew
our very
own gliders!



We
demonstrated
our team
building skills
by solving an
MTa puzzle!



and learned
about the
aircrafts of
each world
war...



as we walked
around the
museum in awe.

We climbed
in the
cockpit of a
Black
Arrow!



We
launched
rockets!



We
celebrated
to RAF...



Year 3 and 4 would like to say a huge thank you to the STEM team at RAF Cosford for an amazing morning of STEM activities! We would also like to thank the lovely museum staff for welcoming us.

THANK YOU



Albrighton Garden Centre

We would like to say a huge thank you to the **Albrighton Garden Centre** for donating a whole range of beautiful bedding and perennial plants, a stunning wooden bench, turf, a fairy house and fairies as well as a lovely wind chime for our Queen's Jubilee Well Being Garden. We are overwhelmed by their generosity in supporting us at Albrighton.

Our garden will be used by children and staff to support learning and wellbeing.



THANK YOU

We would like to say a huge thank you to the RAF team led by Chf Tech Steve Metcalfe for working tirelessly over the last week to create our beautiful Queen's Platinum Jubilee Garden. School council decided what they wanted the garden to look like, and the team followed their instructions to create a beautiful, peaceful space that we can all enjoy.





SCHOOL COUNCIL WERE
KEEN TO SEE HOW THEIR
IDEAS HAD BEEN TURNED
INTO REALITY

OUR NEW WELL- BEING GARDEN

Children's Wellbeing - Getting Enough Sleep



Lack of sleep can cause irritability, increased stress, forgetfulness, difficulties with learning and low motivation. Over time, it can contribute to anxiety and depression. Sleep time guidelines depend on a child's age, but every child is different. If your child's sleep routine is disrupted for whatever reason, it is important to try to return them to a healthy sleep schedule as soon as possible.

Sleep is a very important part of your child's mental and physical health because it allows your child's mind and body to rest and recover and be ready for a day at school or play. Your child's brain needs sleep to restore resources that were used up during the day. A well-rested brain can solve problems, learn new information and enjoy the day a lot more than a tired brain. Some areas of your child's brain are even more active while they sleep.



How much sleep does a child need?

New-born	14-17 hours
Infants 4- 11 months	12-15 hours
Toddlers 1-2 years	11-14 hours
Age 3- 5 years	10-13 hours
Age 6-13 years	9- 11 hours
Teenagers	8- 10 hours

The recommended amount of sleep is simply a guideline, as each child is different. In addition, sometimes your child might need a little more sleep than what is recommended and other times they may feel fine with a little less.

There are many things you can do to help your child or teen get good quality sleep as often as possible.

- 1) Set a consistent bedtime routine (warm milk, bath and story) with a set time for sleep and wake up.
- 2) No screen time for at least 2 hours before bed.
- 3) Create a sleep-inducing environment - soft bedding, dark, not too hot or cool.
- 4) Begin a relaxation routine before bed to help shut off your child's brain from worries or stress.
- 5) Begin a happy journal to focus on positives.

For more information to support your child's sleep:

<https://thesleepcharity.org.uk/information-support/children/>



Summer of Science at Albrighton



To celebrate the Queen's Platinum Jubilee,
we want you to get creative!

Over the following half term, we want you to complete a
STEM project

(Science, Technology, Engineering and Maths - but also art!)

to assist with the Jubilee celebrations!

At our Jubilee Celebration at the end of the term, you will
present your projects in the STEM tent for judging!
We are looking for **innovation, creativity, and sustainability.**

The project can be entirely of your own design but here are some
ideas if you're stuck! Make them as weird or wonderful as you like!
Good luck!

EYFS	KS1	KS2
<ul style="list-style-type: none">• Design an outfit to wear to a Jubilee party• Make a fruit salad for the party• Make a card for Her Majesty, or an invitation to her party	<ul style="list-style-type: none">• Design and bake a cake for the Queen• Design and make an award to present to the Queen for this greatest of achievements!• Design something for the Queen's corgies!	<ul style="list-style-type: none">• Design a vehicle to drive the Queen around London• Build a tower to use as a viewing platform to wave to the Queen on her balcony• Create a banquet for the Queen and her family to feast on

You do not need to stick to the suggested year group

Information, Requests and Reminders

Calling Keen Gardeners - We Need You

Are you someone who loves to garden and have a spare hour a week where you could help us set up a new gardening club at Albrighton?

Our garden area has been developed by a volunteer group from the RAF and has been transformed into our Wellbeing Garden. To look after the garden and teach children how to care for plants and the environment, we would like to set up a weekly club. If you feel you could spare an hour a week in a lunchtime or after school and could support us with our gardening club, then please email the school office for the attention of Mrs Tearle.



Within our garden we will have an allotment space to grow vegetables. If you have any vegetable plants e.g., tomato plants that you would be willing to donate, please contact the school office.

Jubilee Bank Holiday

In lieu of Queen's Platinum Jubilee on 3 June, school will be breaking up one day earlier for the summer holidays. The last day of the summer term is now Wednesday 20th July.

Community

RAISING MONEY FOR

LONDON MARATHON MENINGITIS RESEARCH

ALBRIGHTON LEGION CLUB

THURSDAY 12TH MAY - 7.30pm

PRIZE BINGO & RAFFLE

PRIZES INCLUDE: HEALTH & FITNESS VOUCHERS, WINE TASTING

FAMILY DAY OUT TICKETS, RESTAURANT VOUCHERS AND MORE.

SIGNED WOLVES SHIRT FOR AUCTION



Meningitis
Research
Foundation



LONDON 
MARATHON



Albrighton & District Swimming Club

Summer Term 2022 Timetable

Saturday 28 May - Sunday 24 July 2022

Saturdays

Adult Swim (16 years+)	07:30 - 08:15	08:30 - 09:15	
Quiet Swim (8 years+)	09:45 - 11:00		
Family Swim	11:15 - 12:30	12:45 - 14:00	14:15 - 15:30
Party Booking	16:00 - 17:30	18:00 - 19:30	

Sundays

Adult Swim (16 years+)	07:30 - 08:15	08:30 - 09:15	18:00 - 18:45
Quiet Swim (8 years+)	09:45 - 11:00		
Family Swim	11:15 - 12:30	12:45 - 14:00	14:15 - 15:30
Party Booking	16:00 - 17:30		

Membership Fees (Summer Term 2022)

New for 2022* Under 8s **FREE - must be accompanied by paying adult (parent / carer aged 16 years+)*

Ages as at Saturday 28 May 2022

Under-16s must be accompanied at all times by an adult (aged 16 years+)

Adults (16 years+) and Children (8 years+)

Summer Term 2022 Membership **£25** per swimmer

<https://forms.office.com/r/KvpSsE13FP>

Day Membership **£5*** per swimmer per session

(*plus Eventbrite booking fees)

All sessions must be pre-booked through Eventbrite

<https://albrightonswimmingclub.eventbrite.com>

Facebook: @AlbrightonSwimmingClub

Instagram: #adswimclub

Email: albrightonswimmingclub@hotmail.com

Twitter: @Albrighton_Swim

**New for 2022* Quiet Swim - we make the following small adjustments to create a welcoming, sensory friendly, gentle and relaxed outdoor pool experience*

- No public announcements (except in an emergency)
- No music
- Lower capacity so fewer swimmers in the pool
- No jumping or diving
- No shouting or lifeguard whistles (except in an emergency)

Reducing sensory distractions supports a feeling of safety, peace and calm which we hope will encourage people with dementia and those with autism and their families or simply someone wanting a quieter low key session to enjoy swimming in our lovely heated outdoor pool.



Albrighton Swimming Pool is available to hire from May to September for Parties

Enjoy **exclusive use** of this unique heated outdoor pool, with a group of friends or social group, during our private hire (party) sessions (*20 swimmers maximum*)

All sessions are staffed by fully-trained lifeguards

£75* per hour-and-a-half

Book your party today!

<https://www.eventbrite.com/cc/private-hire-320769>

**plus Eventbrite booking fees*

Any questions? Contact us via Facebook @AlbrightonSwimmingClub or email albrightonswimmingclub@hotmail.com

Newhouse Lane, Albrighton, WV7 3QS

Albrighton & District Swimming Club - Registered Charity Number 1170933



Summer 2022 Menu - Week 3

	Marvellous Monday	Tasty Tuesday	Wicked Wednesday	Thrilling Thursday	Fruity Friday
MAINS	Bubble crumb fish bites Or Fishless fingers (v)	Chinese Tuesday's Bbq chicken noodles & beansprouts Or Crispy chicken in lettuce wraps Or Sweet & sour vegetables (v)	Roast Beef Or Quorn Fillet (v) Served with Gravy & Yorkshire Pudding	It's a wrap..... Cheese burger Ham Cheese (v) Or Vegetable Omelette (v)	Pizza - Cheese & Tomato Pizza (v) Or Ham & poached Egg
SIDES	~~~~~ Creamed Potatoes Peas Baked beans	~~~~~ Carrots Stir fry veg Rice	~~~~~ Roast Potatoes Creamed Potatoes Carrots Peas Broccoli	~~~~~ Saute Potatoes Baked Peas Peppers Cucumber	~~~~~ Skinny fries Sweetcorn Salad bar
DESSERTS	~~~~~ Vanilla Cookie Yogurts Fruit Salad	~~~~~ Yogurt & Granola With summer fruit compote Yogurts Fruit Salad	~~~~~ Sticky Toffee Pudding & Custard Yogurts Fruit Salad	~~~~~ Mini doughnuts & strawberries Yogurts Fruit Salad	~~~~~ Fruity Friday Frozen Desserts Ice cream, smoothies, Ice pops, yogurts
COLD	Plated Ham wrap, fruit, cheese, flapjack	Plated cheese sandwich, fruit, cheese, biscuit	Plated tuna wrap, cucumber, cheese, Banana	Plated Jam sandwich, fruit, cheese, muffin	Plated egg sandwich, fruit, cheese, frozen dessert