



School Newsletter

FRIDAY 16TH JANUARY 2026

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Mr N Lamorte

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Happy New Year!

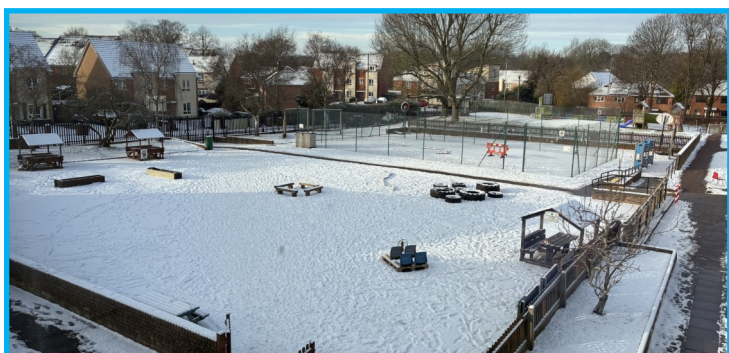
HAPPY NEW YEAR, WYCHALL!

Welcome to 2026 – it's hard to believe how quickly it's arrived, and what a dramatic start we've had!

First, a huge thank you for your patience during the school closure on Friday, 12th January. We always aim to keep you informed as early as possible, and this time was no exception – I was on site at 5:30 a.m on Friday, assessing the situation. The snowstorm hit hard and fast the night before, and for the first time in the Trust's 10-year history, the CEO made the call to close *all* Trust schools. It's never an easy decision, but under those extreme conditions, it was absolutely the right one.

Hopefully, you managed to turn the snowy surprise into something magical – snowmen, snowball fights, and those wonderful winter memories that last a lifetime!

While the photo below wasn't taken last Friday, it's from the 6th January, and doesn't the school look lovely? Honestly, I can't remember the last time we had two proper snowfalls that completely cleared, both within a week. Nature really kept us on our toes this month!



NEW YEAR, NEW FACES AT WYCHALL!

There's something exciting about the start of a new year – fresh beginnings, new opportunities, and of course, new members joining our school community! **We're thrilled to welcome three fantastic new pupils: Ayla, Chandrayee, and Harley.** Starting at a new school can feel like a big step, but don't worry – we're all here to support you every step of the way. We hope you settle in quickly and enjoy everything Wychall has to offer!

A big warm welcome also goes to **Miss Olan**, our new Year 2 class teacher. She's already making a brilliant impact and doing an amazing job with the children – we're lucky to have her on board!



Now, let's talk about Year 6 – the grand finale of primary school life! It's a year packed with hard work and big goals, especially in core subjects as we prepare for SATs. But it's not all tests and core subjects – our Year 6 pupils have been diving into the wider curriculum too, and loving every minute of it! Recently, they've been exploring the fascinating world of **Light** in Science. How does light travel? How do we see around objects? And what's the

deal with the laws of reflection? To put their learning into action, the children built their very own **periscopes** – and the results were amazing! Hands-on learning, creative thinking, and plenty of excitement in the classroom.

Here's to a year full of curiosity, creativity, and success!



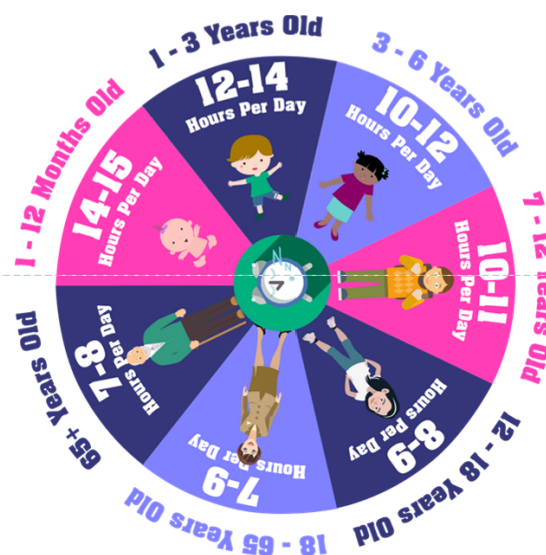
Are you or your child getting enough high quality sleep?

Sleep plays a crucial role in the development of young minds. In addition to having a direct effect on happiness, research shows that sleep impacts alertness and attention, cognitive performance, mood, resilience, vocabulary acquisition, and learning and memory. In toddlers, napping appears to be necessary for memory consolidation, executive attention, and motor skill development. Sleep also has important effects on growth, especially in early infancy.

Www.Sleepfoundation.org

How much sleep is needed?

Take a look at the 'Sleep Wheel' below to see how much sleep is required to stay healthy at different ages. Are you getting enough sleep? Is your child?



THIS 'GOOD SLEEP GUIDE' IS AVAILABLE AS A FLYER IN THE MAIN FOYER BY THE SCHOOL OFFICE

'Top Tips' for ensuring high quality sleep!

Establish a consistent bedtime routine with relaxing activities (bath, story), maintain regular sleep/wake times even on weekends, limit screens, at least an hour before bed, ensure the bedroom is cool, dark, and quiet, and avoid stimulants like caffeine. Encouraging daytime exercise and natural light, while keeping the bed for sleep only, also strengthens the body's internal clock for better rest.

Consistent routine: Have a consistent bedtime routine.

- **Wind-Down Time:** Start a calming routine 30-60 minutes before bed (e.g., warm bath, reading, quiet music).
- **Give Warnings:** Provide "heads-up" and countdown reminders before starting the routine.
- **End with Quiet Time:** Use any remaining time for special one-on-one time, like reading a story.



A good sleep environment:

- **Dark & Cool:** Keep the room dark, quiet, & at a cool temperature.
- **Minimise Distractions:** Remove electronics, glowing clocks, from the bedroom.
- **Bed for Sleep:** Teach children to associate their bed with sleep, not entertainment.



Good daytime habits

- **Limit Screen Time:** No screens (TV, tablets, phones) at least one hour before bedtime due to blue light.
- **Exercise & Light:** Encourage physical activity during the day and exposure to natural daylight.
- **Watch Food & Drinks:** Avoid caffeine (fizzy drink, chocolate) and heavy meals close to bedtime; warm milk or water are better choices.



Good wind-down routines.

- **Relaxation:** Incorporate deep breathing, gentle stretching, or quiet imagination exercises at bedtime.



Avoid Stimulation: No exciting games, TV, or vigorous play right before bed. Read a good book.



"Sleep is the most important tool that I have. Be consistent in the time that you go to bed and the time that you wake up."



Ronaldo

"Having peace, happiness, and healthiness is my definition of beauty. And you can't have any of that without sleep."

Beyoncé



IMPORTANT DATES



Autumn 1 - Monday 1st Sept 2025 - Friday 24th Oct 2025

Autumn 2 - Monday 3rd Nov 2025 - Friday 19th Dec 2025

Spring 1 - Monday 5th Jan 2026 - Friday 13th Feb 2026

Spring 2 - Monday 23rd Feb 2026 - Friday 27th Mar 2026

Summer 1 - Monday 13th April 2026 - Friday 22nd May 2026

Summer 2 - Monday 1st June 2026 - Friday 17 July 2026

SPRING TERM

Tue 3rd Feb: Y4 Multiplication Workshop - 2.00pm

Tues 10th Feb - Safer Internet Day

Parent's Evening Tues 10th Feb: 4pm to 6.30pm and **Thurs 12th Feb:** 3.30pm to 5pm

Tues 3rd March - Y5 Reading Workshop – 1.45 pm

Wed 4th March - EYFS - Reading workshop - 1.45 pm

Thurs 5th March - World Book Day

Mon 9th March - Science Week Workshops

Tue 17th March - Eid Celebration

Fri 20th March - Comic Relief

Tue 24th March - Easter Celebration

Thurs 26th March - Easter Ball - EYFS, Y1, Y2, Y3

Fri 27th March - Easter Assembly and Bonnet parade - EYFS



SUMMER TERM

Tue 14th April - Vaisakhi

Fri 17th April - World Autism Day

Mon 18th May - Diversity Week – Elmer Week

Fri 3rd July - Class and Individual Year 6 Photos

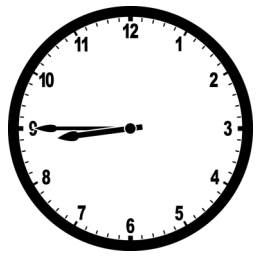
Thurs 9th July - Summer Fayre

Mon 13th July - Year 6 Leavers Show – 4pm

Summer Term - Parent's Evening Dates TBC

Fri 17th July - Break up for Summer Children can be collected from 1:30pm





We are monitoring punctuality in school - please be on time.



Since returning in September, we have seen a high increase in term time holidays. Please be reminded term time holidays will not be authorised. Taking children out of school during term time can have a significant impact on their learning and progress.

WONDERFUL WEDNESDAY! CHALLENGE!



**Come to school on
Wednesday**



**Get entered into
the Friday Reward!**

THIS TERM'S PRIZE:



**POPCORN
& MOVIE
AFTERNOON**



**The more Wednesdays you attend,
the more chances you have to win!**

If you have any of the following items,
we would appreciate any donations you
have:

Toys

Small World Play

Outdoor Toys



**Food Bank support - Foodbank support please
speak with Miss Stanley in confidence**