



A happy school committed to excellence
SEAMER & IRTON CP SCHOOL ~ DENISON AVENUE~ SEAMER ~ SCARBOROUGH
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Dear Parent,

6 May 2022

Next week our Y6 pupils will be sitting their SATs and the Y5 pupils will be going on their residential visit to East Barnby. These are both important milestones in their lives, and we want them to know that we are proud of them all.

SLEEP Studies have shown that children who regularly get an adequate amount of sleep have improved attention, behaviour, learning, memory, and overall mental and physical health. We can certainly see the difference in school when a child has not had enough sleep, and you may be surprised to learn that a 5-year-old needs about 11 hours a night, for example, while a 9-year-old needs roughly 10 hours. With lighter nights and access to electronic gadgets ever present, we know this can be challenging for parents.

The NHS provide excellent advice to help.

<https://www.wsh.nhs.uk/CMS-Documents/Patient-leaflets/PaediatrieDepartment/6339-1-Sleep-a-guide-for-school-age-children.pdf>
<https://www.sleepfoundation.org/children-and-sleep/sleep-strategies-kids>

Being physically active can help to promote good sleep. The UK Chief Medical Officer recommends that young people should:

- Move more – an average of 60 minutes per day.
- Get strong – develop movement skills and build muscle and bone strength.
- Sit less – reduce time being sedentary.

Your child is being helped to achieve these targets in school through three active break times a day, weekly PE lessons and a range of curricular and extra-curricular offers.

Some activity is good; more is better!

EXTRA-CURRICULAR CLUBS The following clubs are available this half term.

Monday			
Tuesday	1230-1300	Funba	KS1
	1230-1300	Girls' Football	KS2
Wednesday	1230-1300	Cricket	KS2
	1530-1630	Nigel Carson Soccer	Y2,3,6
Thursday	0800-0850	Table Tennis	Y6
	1230-1300	Funba	KS2
	1530-1630	Nigel Carson Soccer	Y1,4,5
Friday	0800-0850	Table Tennis	Y5

This information is also available on our website

<https://www.seamerirtonprimary.co.uk/w3/admin/kcfinder/upload/files/CLUBS/Club%20List%20SUMMER%202022%20.pdf>

ROAD SAFETY Officers will be making visits to the school at drop-off and collection times and have asked the school community to inform them of any vehicles that are seen causing an obstruction, parking illegally or endangering our children. I would remind you that our advice has always been:

- Avoid entering Bell Close at busy times.
- Park and stride from the car parks available at The Mayfield Hotel, The Copper Horse and The Londesborough – it is only a few minutes walk!
- Observe the voluntary one-way system around Denison Avenue.
- Never reverse around the school entrances – our children are small; you cannot see them.
- There are no excuses for putting a child's life at risk.

SCHOOL DINNER MENU - Week beginning 9 May 2022

***Please note that Monday's hot dinner option has a change this week.**

Monday	Tuesday	Wednesday	Thursday	Friday
*Sausage & Tomato Pasta. (v) Summer Veg Quiche	Tikka Masala & Rice (v) Sticky Noodle Pot	Roast Chicken with Sage & Onion Stuffing & Gravy (v) Stuffed Courgettes	Homemade Pork Sausage Roll (v) Falafel Burger in a bun	Crunchy Fish Bites (v) Creamy Mac & Cheese
Creamy Cheese Pasta Pot	Cheese Sandwich	Egg Mayo Sandwich	Tuna & Cucumber Sandwich	Chicken Sandwich
Ham Sandwich	Tuna & Sweetcorn Pasta	Roast Veg Pasta Pot	Chicken Pasta Pot	Tomato Pasta Pot & Basil
Cheese & Crackers	Chocolate Banana Brownie	Custard Cookie with Apple Wedge	Seasonal Berry Crumble & Custard	Summer Drizzle Cake
Fruit or Yoghurt	Fruit or Yoghurt	Fruit or Yoghurt	Fruit or Yoghurt	Fruit or Yoghurt

PE BAGS The school office have a small quantity of PE bags for sale. They are £4 each.

IMPORTANT DATES

Monday 9 May – Y6 SATs week

Monday 9 May – Y5 East Barnby Residential

Monday 16 May – Y2 SATs week

Monday 23 May – Diversity week

Friday 27 May – Queen's Jubilee Celebration – details to follow.

Friday 27 May – School closes for half term

Tuesday 7 June – School re-opens

Have a lovely weekend.

Yours sincerely

Jonathan Wanless ~ Headteacher

