

THE LISCARD BULLETIN

LISCARD PRIMARY, WITHENS LANE, WALLASEY, CH45 7NQ



Thank You

The Show Some Love sale was brilliantly organised by members of FoLPS. This small but amazing team spent a considerable amount of their own time planning, preparing and facilitating the sale. Without their commitment and hard work the sale would not have been possible.

Thanks to all the parents/carers, members of FoLPS and staff who supervised the school disco. The children had a great time.



End of Spring Term Arrangements

School closes for the spring break on Thursday March 28th at 3.30pm. Pirates and Captains will be open until 5.00pm. Staff would appreciate you collecting the children promptly from the clubs.

Have your say....

Chris Malburn, the Council Active Travel Officer, has asked for parents/carers support in completing the online travel survey. Please put this link <https://haveyoursay.wirral.gov.uk/school-travel> in your internet browser.

As part of your school's ongoing work to promote road safety and encourage active travel with Wirral Council, we are surveying parents. The travel team are trying to find out about:

Parent's/carers' perspectives and preferences about the journey to school.

Any barriers that might discourage parents and children from travelling to school by walking, cycling, scooter, etc instead of by car.



Launch of Gautby Baby Project

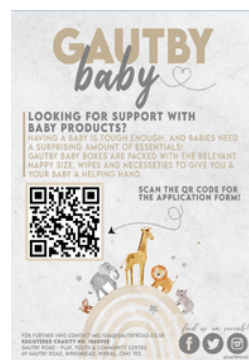
The local ward councillor, Cllr Sue Powell-Wilde has emailed school to let parents/carers know of an exciting new project which will be launched on March 19th 2024. The Gautby Baby is a project set up to support families and new parents with a completely free gift box packed with essentials, relevant nappy size, wipes and necessities to give families a helping hand.

Please cut and paste the link into your internet browser to apply for a pack.

<https://forms.office.com/e/AU9nFqp5cl>

Mel is the Community Coordinator, Gautby Road Play, Youth & Community Centre. Mel is very happy for anyone with any queries to contact her direct. Her email address is

melissa@gautbyroad.co.uk



Yet Another World Millionaire in Year 5

Year 5 children have been reading lots of books. Sam, who is in Mr Finch's class, has read over 100,320 words since the start of the autumn term. His favourite author at the moment is David Walliams, so Sam has chosen "Awful Auntie" as his prize read. Well done Sam - We are so proud of you.



Celebrating Amazing Learning Experiences at Liscard

Foundation 1



The children have been enjoying the story of the Gingerbread Man. They have made and decorated their own gingerbread man.

Foundation 2



It's been very dotty in Foundation 2 with the children learning about the artist Yayoi Kusama.

Year 1



As part of the DT project the children have been tasting different fruits and vegetables. They ranked them in order of preference.

Year 2



Year 2 have visited Hebron Hall. Rich Dodd spoke to the children about what it means to be baptised. Baptism can occur at all stages of life and Rich performs some in the pool at Hebron Hall.

Year 3



The children have been designing and making animal prints, creating swatches on brown paper.

Year 4



The children have been learning the different skills needed to play tennis. Can you spot another potential Wimbledon champion?

ATTENDANCE AWARDS

6LQE 99.3%
1RD 98.4%
FSC 96.4%

Let's see which classes have the highest attendance this week!



WALL OF RECOGNITION

Well done to the following children who have consistently followed the school rules of being kind, working hard and never giving up.

F1 ELIJAH
F2 LOTTIE
Y1 ERNIE
Y2 VIOLET
Y3 COHEN
Y4 IRIS
Y5 SKYLAR
Y6 CADUS








Attendance

Well done to Miss Day's class who were the winners of the attendance trophy for Key Stage 1 for the second week running. Congratulations to Mrs Quarry-Ellis's class who were the winners of the attendance trophy for Key Stage 2 for the second week running. Mrs Cahill's class had the highest attendance across Foundation 2.

The overall attendance this week was 94.8% which is well above the national average. There were fourteen classes that had attendance above the national average. Twelve classes improved attendance from the previous week. Thank you for making sure your children attend Liscard every school day.



School Lunches

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Homemade Pizza Choose from cheese & tomato or pepperoni served with corn on the cob and pasta spirals</p> 	<p>Chicken Chow Mien Choose from chicken breast or Quorn pieces fried with garlic, onions and peppers in a soy sauce served on a bed of noodles and green beans</p> 	<p>Roast Dinner Choose from either home roasted meat of the week or a Quorn fillet served with roast potatoes, carrots, cauliflower, Yorkshire pudding and gravy</p> 	<p>Spaghetti Bolognese Choose from fresh minced beef or Vegimince cooked with onions, garlic, tomatoes and herbs, served on a bed of pasta and broccoli</p> 	<p>Fish & Chips Choose from either cod fillet fish fingers, battered cod fillet or Quorn nuggets baked in the oven and served with chips and peas or baked beans</p> 
<p><i>Jacket Potatoes are also available daily as a hot alternative</i> Or <i>Del Bar - Available Everyday</i> A selection of sandwiches, served on sliced bread, wraps and assorted hatch with a choice filling will be available daily - ham, cheese, tuna and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, and peppers. Dessert A selection of homemade desserts will be available every day as well as Fresh Fruit, Fruit Salad, Yogurts and Cheese and Crackers Drink A selection of drinks will be available daily</p>				

National Online Safety



National Online Safety

The latest guide from the National Online Safety below provides ideas for developing healthy sleep patterns.

Diary Dates

March 20th - 22nd

Year 4 residential to Condoover Hall

March 21st

Year 3 & 4 Poetry Festival - St. George's Primary School

March 28th

School closes for spring break

March 25th

Year 3 visit to Hebron Hall

April 15th

School re-opens for the summer term

April 18th

Family Support event

May 24th

School closes for half term



Mrs. Sue Talbot

Headteacher

B.Ed(Hons) M.Ed NPQH LPQSH

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.

