



Bruche Primary School Academy

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[@Bruche_P_School](#)

Welcome to our latest newsletter!

Thank you for your support today in raising money for Children in Need. The children had a great day taking part in many fun activities and raising an amazing £422!

As you know back in July we had 128 solar panels installed at school and I wanted to share some information with you all about the benefit we are already seeing!

Over the past 28 days the solar panels have

Generated 1,423 kWh of solar energy...

Worth £398 at 28 p/kWh per unit...

Stopping 324 kg of CO₂ emissions...

Equivalent to 24 electric cars charged!

Have a lovely weekend everyone!

Mr Jones

Communication Corner

Diary Dates

20.11.2024 New Reception Starters 2025 Open Evening 5pm

21.11.2024 Individual School photographs

22.11.2024 Own Clothes Day- bring in a toy donation (in working/ good condition please) for the Christmas Fair

22.11.2024 Year 6 Chemistry with Cabbage

25.11.2024 Christmas Performance tickets available to collect from the office

28.11.2024 Flu Immunisations Nursery-Y6

29.11.2024 Own Clothes Day- bring in sweets/ chocolate donation for the Christmas Fair

06.12.2024 Own Clothes Day- bring in a bottle donation (pop, alcohol, toiletries) for the Christmas Fair

07.12.2024 Christmas Fair 12.00-15.00

09.12.2024 Catch up flu immunisations

11.12.2024 14.00 EYFS dress Rehearsal Grandparent invite (see info below)

12.12.2024 14.00 EYFS Performance

13.12.2024 14.00 EYFS Performance

16.12.24 09.30 KS1 Dress Rehearsal Grandparent invite (see info below)

16.12.2024 14.00 KS2 Dress Rehearsal Grandparent invite (see info below)

17.12.2024 09.30 and 15.30 KS1 performances

18.12.2024 09.30 and 15.30 KS2 performances

20.12.2024 Toy day/ party day/ Christmas Jumper day

20.12.2024 School Closes for Christmas

06.01.2025 School re-opens

14.02.2024 School closes for the half term break

24.02.2024 School reopens

Abcd = New addition to the diary dates

Abcd = parents attendance

Abcd = PTA events

Christmas Costume donation

With our Christmas rehearsals in full swing, we are asking anyone who has any unwanted nativity costumes to donate them to school so that we can re-distribute them for this year's performances. Any donations would be greatly appreciated! Please either send them in with your child or hand in to the office staff!

Christmas Performance tickets

We are excited to announce that our Christmas Performance tickets will be available to collect from the office from 25th November.

EYFS- 2 Tickets per child for each performance
KS1 - 2 Tickets per child for each performance
KS2 -1 Ticket per child for each performance (due to larger numbers)

Christmas Dress Rehearsals

Last year, we trialled inviting Grandparents in to watch our Christmas dress rehearsals after suggestions from yourselves to invite the wider family community into our school.

We are pleased to announce that we will once again be welcoming our Grandparents/ extended family to come to watch our Christmas performance dress rehearsals.

As the dress rehearsals are also a wonderful opportunity for the rest of the school to watch their peers, space in the hall is limited. Therefore we will offer each family one grandparent ticket, per child.

These tickets will be available from the office from 25th November alongside the Performance tickets.

As always, if there are any tickets left over, we will communicate this to yourselves and hand them out on a first come, first served basis.

Christmas Performances

EYFS

Dress Rehearsal (Grandparent/ wider family)

11.12.2024 @ 14.00 (1 ticket)

Performance 1 12.12.2024 @ 14.00 (2 tickets)

Performance 2 13.12.2024 @ 14.00 (2 tickets)

KS1

Dress Rehearsal (Grandparent/ wider family)

16.12.2024 @ 9.30am (1 ticket)

Performance 1 17.12.2024 @ 9.30 (2 tickets)

Performance 2 17.12.2024 @ 15.30 (2 tickets)

KS2

Dress Rehearsal (Grandparent/ wider family)

16.12.2024 @ 14.00 (1 ticket)

Performance 1 18.12.2024 @ 9.30 (1 ticket)

Performance 2 18.12.2024 @ 15.30 (1 ticket)



**DONATE YOUR POTTED CHRISTMAS TREES - OUR NEW
EVERGREEN ECO FOREST PROJECT**

We will be starting a new exciting project in January where we will be aspiring to develop a new forest of evergreen trees around our main playground

Our ambitious target is to create a forest of 1000 trees before 2030 in order to promote the fight against climate change. Along with our commitment to creating clean energy with our school solar panels, this further venture will display Bruche's dedication to safeguarding the future of our planet.

Our goal is that every child from the school will plant a tree per year and each section of the forest will be allocated a plaque in recognition of the trees planted that year.

We hope to use money raised from our yearly readathons to fund this.

With this in mind, Christmas is fast approaching and we would like to invite people who buy potted Christmas trees to donate them to the school to begin our forest project once Christmas is over; these trees will make up the first trees in the forest.

We are blessed with vast grounds at our school and would love to enhance this area further by ensuring the environment is green all year round.

Any support with this project would be gratefully received.

Best Wishes,

Mr Gould

Asda Cashpots for School- We need you!

Asda are working with Parentkind to offer support to school PTAs. It is incredibly simple to help and will cost you absolutely nothing! The school cash pot is linked to your Asda Rewards account so when you buy something from Asda, Asda will donate money to our school cashpot!

We currently have **£593.21** in our pot already and have **16 days left** to build up that total which will go towards our PTA events for our children!

Please see how to help below...



Special Mentions

Nursery- Aeron Hughes – Aeron took his time and stuck the correct number of Autumn leaves onto each tree in the maths area.

Well Done Aeron!

Reception- I would like to award this week's star of the week to **Theo Yates**. Theo has been showing really good engagement and participation in our phonics and maths lessons this week. We are all so proud of him! Keep it up! Well done!

Year 1- Hallie-Mae Lester for joining in with of Music lessons, contributing brilliantly and singing beautifully! Well done

Year 2 – Francesca Blackledge for her fantastic effort, positivity and independence this week in her learning.

Year 3 - Alice Glasgow for trying so hard and showing great resilience during assessment week!

Year 4 - Cherish Siu - For her great confidence in speaking in class this week.

Year 5 - Stuart Greenfield for his excellent Morning Maths!

Year 6 - Jorgie Starkey - for her dedication in collecting fieldwork data on our trip

PE- Albert Higham - I am incredibly proud of the progress Albert has made over recent months. Keep it up!

Nursery

Early Years News

Following on with our autumn theme we have been creating our own leaf people after reading the story Leaf Man. The children have also enjoyed drawing leaf people in foam as well as drawing around their hands to create leaf shapes in autumn colours.

In maths we have been reading the stories Big and Small and Dinosaur Roar and the children have been identifying the differences between the characters. The children then sorted the bears according to size and colour and we have also enjoyed sorting our autumn objects by two properties.

We have also been scientist's this week as children have taken part in a range of different experiments including making their own erupting lava lamps, blowing the longest bubble snakes in the water tray and making magic skittles rainbows in water.

We all enjoyed taking part in the Pudsey Bear fun on Friday for Children In Need, especially decorating our cakes and taking part in the Pudsey Bear Dance.

Well Done Nursery, have a lovely weekend.

Mrs. Wallace

Reception

This week the children have been completing a range of activities to help them to understand about how we remember the soldiers on Remembrance Day. The children have been painting fields of poppies, making poppies using play dough and using their sounds knowledge to write CVC words linking to different objects.

We have also continued with our text 'The Leaf Thief' where the children have been making a prediction about who they think the leaf thief is. The children had to draw a picture and label it using their knowledge of sounds. The children have also been using their phonics to help with writing speech bubbles for Sid the squirrel. The children have also been sharing facts about squirrels and having a go at writing short sentences.

In Maths, the children have been counting and ordering numbers to 10. The children have been placing numbers 0-10 on a number line, and working out the missing numbers as an extra challenge. I have been overwhelmed with how well the children are getting on with their number formation.

Have a lovely weekend everyone.

Miss Bostock

Key Stage 1 News

Year 1

This week Year 1 have took part in many creative activities.

In Maths, we revised our number bonds to 8 and to 9 using our number bond bracelets. We also learnt how to use a Sensory Rekenrek to find number bonds to 10! We used technology to consolidate our learning and played some Maths number bond games on the computer.

In Writing, we were shocked to see what the Naughty Bus had been up to over the weekend. We wrote down sentences using adverbs of time and learnt that it was important to use the adverbs of time to put the events in order. Later on in the week we looked at Autumn pictures and made a list of what we can see during the Autumn season.

In PSHE, we completed the next lesson of My Happy Mind. We love taking part in this lesson and learning all about our bodies and how our brains work. We learnt three new words, Hippocampus, Amygdala and pre-frontal cortex. They work as a team to help our brains work properly and they are called Team H-A-P! We discussed how our brain is the weight of three cans of tinned beans and that it is about the size of our two hands put together. We were so amazed to hear that the Hippocampus is like a scrapbook and stores all of our memories whilst the Amygdala keeps us safe from danger. The pre-frontal cortex is also important as it helps us to make choices and problem solve. We designed a poster to include all of this amazing information.

In Geography this week we looked at an aerial map of our school on the computer and created our own maps by working as a team. We loved using google earth to help us!

This week has been Anti-bullying week, we wore odd socks to show how unique and special we are and took part in several creative activities. We designed our own socks and included lots of detailed pictures to show that even though we are all different we are all very special.

On Friday it was Children in need and we really enjoyed going to the cake sale, playing games together, colouring pictures and designing our own Pudsey bear.

Homework:

Maths: Can you complete the number bond challenge?

Writing: Can you think of three words that begin with my sound and write three sentences?

Spelling: Can you learn the five spellings ready for a test next week? I wonder who will get 5 out of 5!

Year 2

Year 2 have had a very busy week!

In Maths, we have carried on practising our addition and subtraction facts within 10. We used the multi-link cubes to explore how addition is commutative because we can swap the numbers around either side of the + sign and still have the same total, but subtraction is not commutative and the largest number has to go at the beginning of our number sentence.

In English, we have been learning all about commas and their use in a list. We played a game where we had to list lots of items in a shop and make sure we included a comma between each item. We then practised our new skill by looking at pictures of old toys and writing sentences about them, making sure we placed a comma between each item. We have also begun looking at the difference between past and present tense and how verbs change to show whether an action has already happened or is happening now.

This week was anti-bullying week. In PSHE we talked about this year's theme 'Show Respect', and how we should always show kindness and respect towards each other. We talked about different ways we could show respect and how we could resolve a conflict if we had a falling out with our friends. We also learnt that bullying means 'several times on purpose' and discussed trusted adults we could talk to if we were feeling worried. We then decorated our own odd socks to show how everyone is unique and special.

For Remembrance Day, we talked about the history behind Remembrance Day and all the different events that happen for it, such as the laying of the wreaths at the cenotaph and the 2 minutes silence. We discussed the significance of the poppy and created our own tissue paper poppies for a lovely display in our classroom to remember the sacrifice of the soldiers.

In Science, we finished our learning on materials by investigating how different objects can change shape by squashing, twisting, stretching or bending. We tried to change the shapes of lots of different items and recorded our results in a table. We found that some items such as plasticine can be manipulated and deformed very easily while other objects like marbles don't change shape at all.

Homework

Our spelling homework this week looks at some Year 2 common exception words and some spellings we have been learning in our phonics lessons. For English, our homework focuses on using commas in a list while our maths homework is all about addition and subtraction within 10. There is also a maths challenge this week looking at how addition is commutative but subtraction is not.

Have a lovely weekend!

Miss Johnson

Key Stage 2 News

Year 3

In English we have looked more closely at adding speech marks for dialogue and making sure we are being accurate with it.

In Maths, we have looked at number families and how these will help us solve scaled calculations and the children are becoming very familiar with making a number 10x bigger or smaller.

We have completed some more of our assessments and the children have worked so hard at practicing test conditions and reading all the questions so carefully.

On Monday, we all participated in the 2-minute silence to remember the fallen soldiers from both World Wars and later in the afternoon we all made mosaic poppies.

We have continued to look at the 'Celebrate' section of My Happy Mind and looked more closely at all of the character strengths and how we use them. The children reflected on what character strengths they have used last week and over the weekend and how they have used them.

In History, we have looked at the differences between the Palaeolithic Era and the Neolithic Era and focused on the housing differences. We know that neanderthals in the Palaeolithic Era lived in caves, and by the time the Neolithic Era came around, they had started farming and settling down in one place.

In spelling, we have looked at homophones for 'their, there and they're' and focused on what sentence type they would be used in.

It has also been Anti-Bullying Week this week and as a class we have explored the topic of 'respect'. We have taken part in different role-playing situations and discussed how we would act during these situations. The children all did so well and really took the time to understand how others might feel.

Homework to be completed by Friday 22nd November.

- LbQ Maths and English (**For everyone**)
- Reading Plus (2 stories at 80% or above or any 2 available tasks 80% or above)

OR

- Reading Eggs if your child accesses this.

Mrs Hogan

Year 4

We have had an exciting week in Year 4.

In Musical Mondays, we have been looking at a new Christmas song on the ukulele in time for our Christmas performance.

On Tuesday, we had a fantastic time at Chester Zoo. We first took part in a workshop with the zoo team where we looked at nutrition and digestion. We looked at the skulls of different animals such as a sun bear and saw their teeth and how this was linked to their diet. We then had a go at sorting a variety of the zoo's animals into carnivores, herbivores or omnivores. We spent the rest of the day having a look at some fantastic animals such as the beautiful snow leopards, the hungry painted dogs and the funny penguins. The children were excellent and a credit to the school.

This week is anti-bullying week and the children spent Wednesday afternoon looking at this year's theme 'Choose Respect' which emphasises the idea that if people thought and acted more respectfully then people may not resort to bullying. The children had a great time discussing respect, making a respect web and creating pledges.

In Maths, the children have been really mastering rounding, they have worked on rounding to 10, 100 and 1000 and have worked really hard and it has been so lovely to see so many people's confidences soar in their skills. We then ended the week by completing a variety of different challenges to round to any or all of these 3.

In English, we have begun our grammar journey for our write this half term, which will be a newspaper report about 'The Boy Who Cried Wolf'. We have discussed what children knew about the story and have then looked at the features of a newspaper before moving on to reading a version and summarising the story.

On Monday, we discussed remembrance, we talked about why we take part and the symbolism of the poppy.

In Science, we have been looking at what the different functions of the organs of the digestive system are after learning the different parts were last week. We followed the food from mouth to anus and thought about the different processes it went through.

Homework

- 1 x LBC
- 2 x Reading Plus
- 3 x reads in diary

Mrs Shone

Year 5

This week in Year 5, we have been continuing with our addition and subtraction topic. We used known facts to find the sum to large numbers and mentally added numbers. We found fact families using triangles and all 4 sums that came with these numbers.

In writing, we looked at how to correctly punctuate speech. We used a song to help us remember all the correct components!

For our history topic, we investigated Sutton Hoo. We looked at the artefacts that were found in this grave site and what they might tell us about this Anglo-Saxon. We believe that they were wealthy because they had gold items and a warrior because they had a helmet and sword.

In geography, we looked at the topography of North America. We used an interactive map online to help us to investigate the different heights of land across North America. We labelled these onto a map and coloured the map to show the ranges.

For Anti-Bullying Week, we looked at how we can "Choose Respect". We talked about the difference between respectful relationships and disrespectful relationships. We pledged how we would be respectful in future.

Mrs Ratcliffe

Year 6

Year 6 celebrated Remembrance Day by studying the once banned poem, Dulce Et Decorum Est, where the children used inference and analysis of figurative language to understand what life was

like in the trenches of WW1; the children used this information to analyse the title and whether people should be expected to die for their country.

As part of Anti-bullying week, the children analysed manifestos in preparation for writing their own manifesto on how they could make Bruche an even better school to attend.

In Maths, the children have continued to practice increasing and decreasing by percentages and have been carrying out assessment practice.

On Tuesday, the children visited Chester Zoo, where they had a workshop on evolution of mammals: the children analysed mammals that are thought to have all originated from one ancestor. The children also collected information on endangered animals that have been affected by the worldwide illegal wildlife trade, looking at their biomes and habitats.

On Friday, the children were introduced to our new Evergreen Eco Project in assembly, where we propose to create a forest of a 1000 evergreen trees by 2030; we hope you will be able to donate a potted Christmas tree in the new year this year, if you purchase one for Christmas. The children learnt all about how re-forestation can help combat climate change, which we then linked to our school solar panels and how they work by generating energy from the Sun.

Mr Gould

PE Star

All of our KS2 activities have been based around creating strategies to be successful within a problem solving activity, these have used collaboration and cooperation between groups of children. In KS1 we have been working on finding space whilst dribbling or carrying a ball, this is used as an initial link to different sports that the children will experience over the course of the year.

Mr. Cooney

Lunch Menu w/c 18.11.24 Week 3

SCHOOL MEALS

Available daily as an alternative: - Filled jacket potatoes served with vegetables, a dessert and drink. An alternative dessert from a selection of seasonal fresh fruit, yoghurt, soren and cheese & biscuits
Available daily - Unlimited fresh salad and wholemeal bread, drinking water or fresh milk.

Week One	Week Two	Week Three
<p style="text-align: center; color: #e91e63;">Meat Free Monday</p> <p style="text-align: center;"> Vegetarian Sausage Roll Herby Diced Potatoes and Baked Beans Vanilla Ice Cream </p> <p style="text-align: center; color: #e91e63;">Tuesday</p> <p style="text-align: center;"> Pork Sausage with Yorkshire Pudding Creamed Potatoes, served with Carrots and Peas Fresh Fruit Segments or Yoghurt </p> <p style="text-align: center; color: #e91e63;">Wednesday</p> <p style="text-align: center;"> Beef Burger in a Bun served with Herby Diced Potato and Fresh Side Salad Vegetables Fajitas served with Savoury Rice and Sweetcorn. Orange Jelly and Fruit </p> <p style="text-align: center; color: #e91e63;">Thursday</p> <p style="text-align: center;"> BBQ Chicken served with Baked Wedged Potatoes, and Sweetcorn Homemade Blueberry Cake/Muffin </p> <p style="text-align: center; color: #e91e63;">Friday</p> <p style="text-align: center;"> Crumb Coated Chicken served with Chunky Chipped Potatoes, Garden Peas, or Baked Beans Oven Baked Fish Fingers Served with Chunky Chipped Potatoes, Peas, or Baked Beans Homemade Cooks Choice Biscuit </p>	<p style="text-align: center; color: #e91e63;">Meat Free Monday</p> <p style="text-align: center;"> Margarita Pizza Rounds Served with Baked Jacket Wedges and Sweetcorn Doughnut </p> <p style="text-align: center; color: #e91e63;">Tuesday</p> <p style="text-align: center;"> Roast Turkey with Creamed Potato, Roast Potato, Carrot and Broccoli Fresh Fruit Salad or Yoghurt </p> <p style="text-align: center; color: #e91e63;">Wednesday</p> <p style="text-align: center;"> Spaghetti Bolognaise Served with Garden Peas Garlic and Herb Chicken Pitta served with Vegetable Rice and Broccoli. Arctic or Chocolate Ice Cream </p> <p style="text-align: center; color: #e91e63;">Thursday</p> <p style="text-align: center;"> Brunch Lunch (Sausage, Beans, Hash Brown, Omelette) Raspberry Jelly and Fruit </p> <p style="text-align: center; color: #e91e63;">Friday</p> <p style="text-align: center;"> Crumb Coated Chicken Served with Chunky Chipped Potatoes, Peas or Baked Beans Oven baked Battered Salmon served with Chunky Chipped Potatoes, Peas or Baked Beans Homemade Cooks Choice Biscuit </p>	<p style="text-align: center; color: #e91e63;">Meat Free Monday</p> <p style="text-align: center;"> Tomato and Mascarpone Pasta Bake Served with Seasonal Vegetables Strawberry Ice Cream </p> <p style="text-align: center; color: #e91e63;">Tuesday</p> <p style="text-align: center;"> Chicken Katsu Curry served with Rice Fresh Fruit Segments or Yoghurt </p> <p style="text-align: center; color: #e91e63;">Wednesday</p> <p style="text-align: center;"> Selection of Pizza (pepperoni/cheese) Served with Jacket Wedges, Salad Sweet and Sour Chicken/Quorn Served with Rice/Noodle Jelly and Fruit </p> <p style="text-align: center; color: #e91e63;">Thursday</p> <p style="text-align: center;"> Pork Meatballs in Tomato and Basil Sauce Served with Pasta and Garden Peas Vanilla and Chocolate Marble Cake </p> <p style="text-align: center; color: #e91e63;">Friday</p> <p style="text-align: center;"> Oven Baked Chicken Poppers Served with Chunky Chipped Potatoes, Garden Peas or Baked Beans Oven Baked Fish Stars Served with Chunky Chipped Potatoes, Garden Peas, or Baked Beans Homemade Cooks Choice Biscuit </p>

Menu Cycle Week One: 17th June, 8th July, 2nd Sept, 23rd Sept, 14th Oct, 4th Nov, 25th Nov

Menu Cycle Week Two: 24th June, 15th July, 9th Sept, 30th Sept, 21st Oct, 11th Nov, 2nd Dec,

Menu Cycle Week Three: 1st July, 22nd July, 16th Sept, 7th Oct, 28th Oct, 18th Nov, 9th Dec,

Menu: 2024

= Vegetarian = Vegetarian substitute available
Lunch will be served with fresh milk or drinking water.
All homemade dishes contain additional vegetables.

For allergen and dietary help please contact school meals helpdesk on 01925 443082 or visit our website www.warrington.gov.uk/schoolmeals

WARRINGTON
Borough Council



BRUCHE PRIMARY SCHOOL

Term Dates 2024-2025

	Closing Date	Opening Date
Autumn 2024		04.09.24
Autumn Half Term	18.10.24	04.11.24
Christmas 2023	20.12.24	06.01.25
Spring Half Term 2024	14.02.25	24.02.25
Easter	11.04.25	22.04.25
Bank Holidays (Good Friday and Easter Monday)	18.04.25 and 21.04.25	
Bank Holiday (May Day)	05.05.25	
Summer Half Term	23.05.25	02.06.2025
Summer 2024	18.07.25	03.09.25

INSET (Training days for staff – children not in school)

INSET 1	02.09.24
INSET 2	03.09.24
INSET 3	27.06.25
INSET 4	21.07.25
INSET 5	22.07.25

Holiday Dates	
October Half Term	18.10.24 – 03.11.24
Christmas Holiday	20.12.24 – 05.01.25
February Half Term	14.02.25 – 23.02.25
Easter Holiday	11.04.25 – 21.04.25
May Half Term (Whit)	23.05.25 – 01.06.25
Summer Holiday	18.07.25- 03.09.25



BRUCHE PRIMARY SCHOOL

Term Dates 2025-2026

	Closing Date	Opening Date
Autumn 2024		03.09.25
Autumn Half Term	17.10.25	03.11.25
Christmas 2024	19.12.25	05.01.26
Spring Half Term 2024	13.02.26	23.02.26
Easter	02.04.26	13.04.26
Bank Holidays (Good Friday and Easter Monday)	03.04.26 and 06.04.26	
Bank Holiday (May Day)	04.05.26	
Summer Half Term	22.05.26	01.06.26
Summer 2025	17.06.26	(TBC)

INSET (Training days for staff – children not in school)

INSET 1	01.09.24
INSET 2	02.09.25
INSET 3	03.07.26
INSET 4	20.07.26
INSET 5	21.07.26

Holiday Dates	
October Half Term	20.10.25 - 31.10.25
Christmas Holiday	22.12.25 – 02.01.26
February Half Term	16.02.26 – 20.02.26
Easter Holiday	03.04.26 – 10.04.26
May Half Term (Whit)	25.05.26 – 29.05.26
Summer Holiday	20.07.26 - TBC



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Music is a compulsory and important part of the National Curriculum. The national curriculum for music aims to ensure that all pupils: perform, listen to, review and evaluate music.

From September 2022 Early Notes Music Education will be able to offer support to students with small group and one to one instrumental tuition for the following...

Ukulele For KS1 & KS2 students

Guitar For KS2 students

Keyboard For KS1 & KS2 students **(all students will learn to read notation)**

Flute For KS2 students **(all students will learn to read notation)**

Recorder (all ranges) For KS2 students **(all students will learn to read notation)**

Violin For KS2 students **(all students will learn to read notation)**

Drum Kit For KS1 & KS2 students

Tuition prices start from £65 for 12 sessions, all lessons are held within school during lesson time. The 12 sessions will usually fit into a school term and lessons will be carried over should a term be less than 12 weeks.

For further information about Early Notes Music, details about specific instrumental lessons or to enroll for September, you can do this direct via our website www.earlynotesmusic.education

Saturday Superstars



Saturday 9th November – Cooking Academy & Trampolining

Saturday 16th November – Cooking Academy & UV Dodgeball

Saturday 23rd November – Cooking Academy & Creative Kids

Saturday 30th November – Cooking Academy & Trampolining

Saturday 7th December – Cooking Academy & UV Dodgeball

Saturday 14th December – Cooking Academy & Creative Kids



Primary years 4, 5 and 6
Every Saturday during term
time at Padgate Academy
0900-1100

Free to attend
Breakfast included
Call 01925 822632 to book your
place

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

TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

1 CONSIDER CYCLE TRAINING

Courses like Bikeability are extremely useful, and training in general has come a long way since cycling proficiency began; there are Bikeability courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signaling and visibility), and can help both parents and children feel more at ease on busy streets.

2 USE A SUITABLE BIKE

Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.

3 TRY A CARGO BIKE

Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

4 INSPECT YOUR CYCLE

It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.

5 BRING SUITABLE GEAR

Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.

6 STICK TO FLAT TERRAIN

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.

7 STAY ALERT AND IN SAFE FORMATIONS

For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.

8 AVOID PARKED CARS

When riding past parked cars, try to stay at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.

9 START A 'BIKE BUS'

Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers, in case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you?

10 HAVE FUN!

Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

Meet Our Expert

Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.

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The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/teaching-cycle-safety>

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