



**Furness Vale
Primary and
Nursery School**

headteacher@furnessvale.derbysshire.sch.uk

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Issue 3



Mrs Parry's Newsletter

Number Day 2022

We had such a lot of fun and some brilliant number skills were used throughout our Number Day to raise money for the NSPCC. The event raised £63 that will go towards giving children brighter futures. Our children dressed up in digits, weighed ingredients to bake cakes, produced number art work in the style of Jasper Jones, completed timed circuit training, played board games and had a snooker tournament.



World Book Day March 3rd

We have a very memorable World Book Day planned on March 3rd! The PTFA have very generously paid for us to have a visiting author and illustrator for the day. Tor Freeman will be with us to work with and inspire the children. Why not have a sneak preview at some of her work?

<https://www.torfreeman.com>



PTFA

Our wonderful PTFA have been at it again and have so kindly given us the whole funding needed to buy a new stage. We are really hopeful that we'll be able to put it to full use in the not so distant future and that you'll all appreciate the extra height and therefore the extra visibility of your children performing.

Look out for the PTFA's next fundraisers for World Book Day and Easter crafts and movie night.

New faces, new friends

We have had four new families join our school this half term. Two Nursery children, one Reception child and one Year Two child. I know that you will be doing lots to welcome our new families and the children are all settling well and busy making new friends.



and finally... 

- The suggestion box that Cohen and his grandad installed for us will be up and running after half term. It's located at the bottom of the stairs and children are encouraged to post any ideas they have to make our school a better place.
- If you know anyone with a financial background that might be interested in joining our amazing governing board please ask them to get in touch.
- Have a wonderful half-term; remember by the end of next month the sun won't set until after 7:30pm...brighter days are ahead ☺

Derbyshire School Nurses

Top tips for a good night's sleep

For further information or support contact the School Nurse team directly on

Tel: 01246 515100

Email: dchst.derbyshireschoolnurses@nhs.net

Why is good sleep so important?

Sleep is needed for growth and development. It helps with our learning and makes us less likely to get coughs and colds.

Poor sleep can add to behaviour problems.

Tips for good sleep.

- Keep bedtime and wake up times the same in the week, at weekends and in the holidays.
- Have a 'golden hour' before bedtime with calming, relaxing activities, and no electronic devices (including TV).
- Allow time to talk about any worries before this 'golden hour'.
- Swap any sugary bedtime snacks for 'sleepy foods' like wholewheat toast and butter, cereal, warm milk or a banana.
- Have a routine before bed and for mealtimes.

Upcoming Events

Friday 18th February - Last day of term

Monday 28th February – Back to school

Thursday 3rd March – World Book Day

...Visiting author, dress as your favourite book character and PTFA book sale after school.

Monday 7th March – Swimming restarts for Y4

Tuesday 8th March – High Peak Kids Council

Wednesday 16th March - Governors Committee Meetings

Thursday 31st March - Full Governors

Wednesday 6th April – PTFA Easter Crafts (EYFS and KS1) and Movie Night (KS2)

Friday 8th April- Last day of term