



# The Manor CE Primary School

*Aspire, Believe, Achieve  
Shine like stars in the sky*

## Dates for the Diary



- ⇒20 Sep: FOMS AGM (school hall) 6.00
- ⇒28 Sep: Year R Meet the Teacher 3.30-3.55pm
- ⇒4 Oct: Y1 & 2 trip Berkeley Castle
- ⇒2—9 Oct—FOMS clothes to school collection
- ⇒10 Oct: Y5 & 6 trip Steam Museum
- ⇒11 Oct: Prospective Reception Parents 2024 Meeting/Tour 9.30am
- ⇒12 Oct: Y3 & 4 trip Bristol Museum
- ⇒13 Oct: Church Harvest Festival
- ⇒18 Oct: Individual Photographs
- ⇒20 Oct: last day of Term 1—Inset Day (school closed for children)
- ⇒2 Nov: Prospective Reception Parents 2024 Meeting/Tour 9.30am
- ⇒22 Nov: Nasal Flu Immunisations
- ⇒22 Nov: Parent/Carer Consultations (details to follow)
- ⇒23 Nov: Parent/Carer Consultations
- ⇒28 Nov: Prospective Reception Parents 2024 Meeting/Tour 9.30am

## Inset Days 2023/2024

- ⇒Friday 20 Oct 2023
- ⇒Tuesday 2 Jan 2024
- ⇒Friday 3 May 2024
- ⇒Friday 28 June 2024

## Parent/Carer Consultations 2023/24

- ⇒Weds 22 Nov - 3.30pm—6.30pm
- ⇒Thurs 23 Nov - 3.30pm—6pm

We are aware that many of our families are finding things difficult financially at the moment.

We wanted to reach out and say that we may not have all the answers, but please do come and speak to Mrs Mann, Mr Israel or Mrs Flanagan if you think we may be able to support you.



There has been a real buzz of learning at The Manor this week as the children have settled back into school life. All the children seem so positive about their learning in school and are enjoying getting to know their new teachers. I am certain it will be a brilliant year!

This week, Mrs Gray shared with us our new Eco-Schools Award - we were given a huge flag and certificate to go with it. We are very proud of our Eco-committee and Eco club members for achieving this award and thank them for all their hard work in achieving this award.

All classes have jumped head first into their new topics and it's been brilliant to see all the exciting learning that has taken place. Years 3 and 4 held a WOW day earlier this week to kick off their Ancient Egyptians topic - they enjoyed a jam-packed day of learning all about their history topic and even mummified apples using salt and bicarbonate of soda!

We hope you all enjoy the weekend ahead and look forward to seeing everyone again on Monday.

Team Manor

## Harvest Festival



Our Harvest festival for Y1-6 will take place in church on Friday 13<sup>th</sup> October at 10.00am. All parents and carers are warmly invited to this. This year, our Harvest collection will again be for The North Bristol and South Glos. Food Bank which is based in Yate.

In the last financial year The North Bristol and South Glos. Food Bank fed 14,857 people in the local area and they are predicting this winter will see an even greater demand.

We will be taking donations for this incredibly important cause from Monday 9<sup>th</sup> October (children can bring donations into their classrooms and make them part of our Harvest display).

The food bank have asked us to collect **non- perishable / Long life foods**, with the following which in greatest need at the moment:

- |                       |  |
|-----------------------|--|
| Cereal Bars           | Washing powder                           |
| Washing up liquid     | Brown Sauce                              |
| Sponge Puddings       | Shaving foam /gel                        |
| Flour                 | Washing up liquid                        |
| Long life fruit juice | Instant mash                             |
| Instant noodles       | Veggie Meals-not requiring refrigeration |



## School Uniform

A summary of our uniform policy can be found at <https://www.themanorcofeprimary.org.uk/school-uniform>

It has been great to see the children returning to school so smartly dressed, including on PE days, and ready for the new school year.



# Important Dates and things to remember!



We will now be sharing important class dates and any 'remember to's on this part of our newsletter. Please remember to keep an eye on our Facebook page for class activities! <https://www.facebook.com/groups/930513833807729>



**Antarctica Class**—Don't forget to order your child's school meal when they are in all day next week (Group A—Tuesday; Group B—Wednesday; Both Groups—Thursday and Friday.

**South America Class**—don't forget bikes and helmets on Thursday and Friday **if you have previously received an email** advising your child will be doing Bikeability on these dates.

Join us for the **FOMS AGM**  
**WEDNESDAY 20TH SEPTEMBER**  
**6pm at Manor Primary school**

FOMS monthly meeting will take place at the Ring O Bells pub after the AGM

Everyone is welcome to come along and see what FOMS is all about and how you can get involved

**foms**  
 FRIENDS OF MANOR SCHOOL

Raise funds by collecting reusable clothes

Our school is raising money by collecting reusable clothes. Please help us by donating your unwanted reusable clothes and accessories. Donated items become affordable clothing and accessories.

**WE ACCEPT CLEAN, GOOD QUALITY, DRY, REUSABLE CLOTHING**

- Adults, Childrens & Babies Clothing
- Paired Shoes and Footwear
- Jewellery and Accessories
- Belts and Handbags

**WE DO NOT ACCEPT POOR QUALITY ITEMS SUCH AS DIRTY, WET, RIPPED OR SOILED CLOTHES, PILLOWS, DUJETS, CURTAINS, BOOKS CDs OR ANY UNIFORM**

Collection Date: **MONDAY 9TH OCTOBER**

Please remember - NO UNIFORM

**Back to School - Sleep tips**

Getting your child in to a good bed time/ sleep routine is vital. Your child should have a 20 to 30-minute bedtime routine that is the same every night. The routine should include calm activities, such as reading a book or talking about the day, with the last part occurring in the room where your child sleeps. Your child's bedroom should be comfortable, quiet, and dark.

**Sleep Tips**

**Bedtime routine**  
 Make your own bedtime routine and stick to it. You need to set a time with your adults and stick to that too. It might be something like 'BATH, HOT DRINK, HAPPY BOOK, BED'

**Relaxation exercises**  
 Learn some relaxation exercises so you can get yourself relaxed for bedtime.

**Physical exercise**  
 During the day do some physical exercise. This will make your body feel tired at bedtime.

**Happy mind**  
 Watch only happy movies and read happy books before bedtime. You could also try drawing a happy picture which will give you nice things to think about as you drift off to sleep. It might even give you nice dreams.

**Big feelings**  
 Share any BIG feelings with an adult before bedtime so you don't have to think about them. Worry thoughts aren't good for sleeping. You could also make a worry doll and tell your worries to that. Pop it under your pillow and take the worries away. Make a dream catcher to catch any nightmares

**Ready for sleep**  
 Put some warm socks on, grab a cuddly toy, pop a night light on if you find having a little light helps, get into a comfy position and close your eyes and dream lovely dreams.

Night night sleep tight!

**WELCOME BACK DAY**

Back to School Pizza Party  
 Thursday 21st September

Choose from  
 Meat Feast Pizza  
 Cheese & Tomato Pizza (v)

Served with  
 Chips  
 Peas  
 Sweetcorn

Followed by  
 Chocolate Cake

A healthy food meal is important for children and young people to keep healthy and improve their performance

**FOOD SMART**  
 FOR HAPPY AND HEALTHY

**AsP**  
 ALLIANCE FOR SCHOOLS

**Applications for primary and secondary schools**  
 Is your child due to start primary or secondary school in September 2024?  
 The application process for places is now open. Read South Gloucestershire Council's web pages and admission guides at [https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=4vPD\\_KfmtZs&familychannel=2-2&channel=family&register](https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=4vPD_KfmtZs&familychannel=2-2&channel=family&register)

The deadline for secondary schools is 31 October 2023.  
 The deadline for primary applications is 15 January 2024.

If this is something your family need extra help with we have been offered some parent online training (via ZOOM) on **WEDNESDAY 20th SEPTEMBER at 1.30-3.30**. The session will focus on sleep and may be beneficial for your family.

Please contact Mrs Mann for the link to access the training by emailing: [teresa.mann@gmail.org.uk](mailto:teresa.mann@gmail.org.uk)