

This week's merit certificates are awarded to;

FS2 – Leo

Yr 1 – Alexander

Yr 2 – Poppy

Yrs 3 & 4 – Solomon and Lily

Yrs 5 & 6 – Ben N and Maia

Sports Merit – Angus

Well done to you all!



'Buckminster Bites'

Twitter @BucksPrimSchool

Issue 217 8th March 2019

Dates for your diary

Monday 11th March – Bags2School collection day, 9.30am Legacy Tour assembly with Carl Lewis Inspire+ at School.

Tuesday 12th March – Legacy Tour Assembly at Colsterworth Primary School
– Yr 5&6 Rugby Competition in Melton

Wednesday 13th March – Vale Choral Yr 4

Thursday 14th March – Inspire+ Commonwealth Bronze weight lifter Emily Campbell

Friday 15th March – **Red Nose Day!** Yrs 1, 2, 4 swimming, Talent Show in school

"Buckminster School, where children become Inspirational Learners"

World Book Day

Thank you to everyone who came to our Book Sharing Breakfast; it was lovely to see so many parents supporting the school. The children all looked amazing so thank you for all of your hard work in providing/making costumes.



Ideas to Improve Concentration in Children and Young People

A Guide for Parents

Make Learning Fun!

Children and young people enjoy learning through play and having fun. Make learning as interactive as possible so young people can stay focused and engaged. Young people enjoy routines and like to spot patterns. Playing games such as bingo, find and sink games, snap and a variety of board games will help them plan their next steps and look for patterns.

Reduce Screen Time

Try and limit the amount of time a young person plays on tablets and games consoles etc. Time spent on devices like this can reduce the amount a young person is able to concentrate. It can also affect a young person's ability to sleep if devices are used too close to their bedtime.

Allow extra time for homework activities so children and young people can have regular breaks. Extra time will also be needed to allow young people time to fidget, talk and observe other things. Children and young people have a natural curiosity and will want to point out things that they notice. It is important to allow this and take the time to support them.

Use a Bedtime Routine

Ensure the child or young person has a healthy bedtime routine, including opportunities to calm down before bed in order to process the thoughts of the day. Devices and blue screens need to be put away and not used before bed as this can stimulate their minds and prevent sleeping. Try and encourage some time for relaxation such as reading or taking a bath. The more relaxed a young person is, the more likely they are to have a good quality of sleep. Encourage young people to go to bed at the same time each night as this will help their body fall into a healthy sleep pattern.

Encourage Exercise

Allow young people to take some physical exercise before and after a non-physical activity. Running around and getting some exercise will help improve their concentration and help them feel more active and ready to learn.

Provide Structure and Organisation

Ensure all the equipment your child needs is ready and to hand along with a drink of water. This environment helps to mimic a classroom setting which will help them to focus on the activity set at home.

Encourage Healthy Eating

Make sure that the child or young person is eating a well-balanced, healthy diet which encourages and aids their concentration. Reducing sugar intake has been shown to have a positive effect on concentration and can reduce the 'peaks and troughs' of energy which can alter their concentration levels.



Ideas to Improve Concentration in Children and Young People

A Guide for Parents

Plan Small Steps

Use small steps with the young person. As adults we tend to put off large tasks that require a lot of our time and concentration; we work more effectively by 'chunking' the task into small, manageable sections. Young people are exactly the same. If they are learning 12 spellings then focus on maybe four at one time. If they are reading, then read one page at a time rather than reading a whole chapter. Usually if this strategy is carried out, young people will end up having achieved the large task within a week or so by doing something small and manageable each evening. The other benefit of breaking the task down into manageable steps is that a young person will be able to achieve each small task in a relatively short time. This gives young people much more confidence and helps them to feel a sense of achievement and pride.

Reward and Praise

Young people generally like receiving rewards. Rewards play an important part in helping a young person focus and concentrate on what they need to do. Rewards do not always need to be something that is given such as a treat or a toy. It could be giving 'choices' such as, the young person chooses what to have for tea or chooses a film to watch with the family. Rewards also need to be child centred. Children should agree with you what the reward is going to be and what they have to do to achieve it. Mutually agreed rewards are more likely to be achieved and sustained as children are working towards a goal that they have helped set themselves.

Give Boundaries

Most children and young people find it hard to finish something they love and move onto a new task, even if they do enjoy the new task! Give them five-minute prompts, reducing this later to one-minute prompts then to five-second prompts so they learn to respond to you straight away and know exactly what is expected. They may resist the first few times and may try to get you to move the boundaries and give them more time. However, if you stick to the method consistently, they will get used to the routine, they will know what to expect and they will be ready to do what you have said, for example, sitting down to do homework.



All young people are different and will have their own preferred methods to increase their concentration. It is important that these ideas are only used as suggestions and that the responses shown from the young person are considered. It would be very worthwhile asking a young person what they think would help them concentrate.

Cross Country

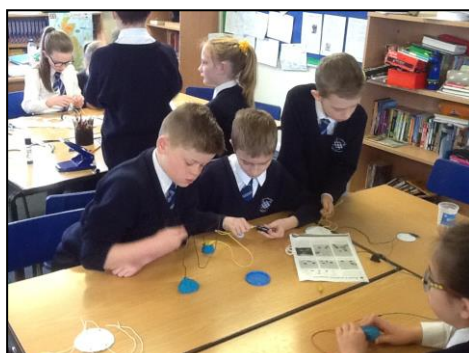
Well done to all of our runners who competed against lots of other Melton and Belvoir schools last Saturday. Everyone showed great perseverance, determination and team work.

Congratulations to our Year 5/6 boys team who came second overall and to Edward and Thomas who came 7th and 11th. Both have qualified to represent the Melton and Belvoir team at the cross country finals on 23rd March at Prestwold Hall.



Science

Year 5 and 6 have been developing a range of scientific skills through a more practical and investigative way. It looks like they had fun!



Congratulations to:



Dominic for achieving his 5 metre swimming badge



Holly for achieving her level 3 gymnastics badge



Alexander, Henley and Benjamin for winning medals and trophies at the Colsterworth Festival for Violin, Piano and an Instrumental Duet respectively and as "The Gough's" in the factual group class.



Sam for winning medals and trophies at the Colsterworth Festival for movie making and poem reading



Water Bottles

Please could all children remember to bring in a water bottle each day.

Great British Athlete Sponsorship Money - Emily Campbell Visit

Please may we remind you to hand in your Great British Athlete Sponsorship Forms and money by Thursday 14th March when the Commonwealth Bronze medallist weightlifter Emily Campbell will be visiting School.

PTFA EVENT



Friday 29th March

At

Buckminster Village Hall

6pm

Come along, have a great evening and at the same time raise money for the School's Spinney Project.

No need to pre book, just come along and buy as many books as you want

Please can we ask for donations for prizes such as chocolates, wine, sweets, vouchers, small hampers etc. Thank you

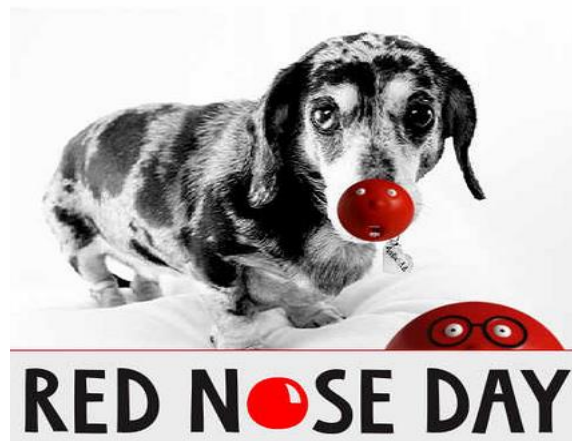
Cooking with Year 3 and 4

Jack and Max enjoyed cooking on Wednesday with Mrs Heyward. It looks delicious!



Red Nose Day Friday 15th March

Children can come to school in non-uniform and please can we ask for donations of at least £1 for Comic Relief. Thank you



WEEKEND WORKSHOP
'WHERE KIDS CAN BE KIDS'

TERM TIME SATURDAY MORNINGS 9-12 NOON **3 HR FREE TRIAL AVAILABLE**
1 2 OR 3 HOURS YOU DECIDE

ACTIVITIES INCLUDE ARTS & CRAFTS | DRAMA | SING | DANCE
MODELLING | STREET DANCE | FASHION | MUCH MORE

BOYS & GIRLS AGES 4-6 - 7-10 - 11-16YRS

SIBLINGS DISCOUNTED 20% - 1HR/£6 - 2HRS/£10 - 3HRS/£13.50

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'AFFORDABLE FUN STRESS FREE'

BOYS & GIRLS. ANY AGE. ANY THEME
PAMPER | SING | DANCE | FANCY DRESS
Y O U C H O O S E

HIRE A VENUE FROM US OR WE CAN COME TO YOU!

SING IT SESSIONS
'NOT ON A SERIOUS NOTE'

LOVE TO SING?? TRY SOMETHING NEW?? MEET NEW FRIENDS??

PAY AS YOU GO SESSIONS OPEN TO 6-16YRS BOYS & GIRLS
£5 PAY AS YOU GO | £20 PASS OF 5 | SIBLINGS HALF PRICE

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