



Northlands News

Northlands Primary School and Nursery

24th January 2025

Telephone number: 01268 553434



Dear Parents as is always the case it has been another very busy week jam packed with lots of opportunities for learning and personal growth. I would like to take a moment to thank every member of the Northlands team (staff, governors and parents) for their continued support with ensuring the very best for the pupils here. Have a great weekend everyone, **Mr Figg**



Holly Class Assembly

A big thank you to Holly Class who kicked off our class assemblies for the Spring Term this week. The children's singing and performing skills were amazing! Well done Holly Class.



Reception Classes are ready for Spring!

In Reception this week we have been learning about plants and how to look after them. We were lucky to be gifted 300 bulbs from Jacques Amand's Nursery.



We planted some in pots, to gift for mothers day, and some in our Reception garden. We cant wait to watch them grow!



FOREST SCHOOL FUN!



Outside School Success!

This week we are celebrating Evie who has been very hard working in her swimming class. Well done.



NHS Pharmacy First Service

Did you know that the NHS Pharmacy First Service enables children and adults to get convenient access to healthcare advice and



treatment where appropriate, for some common conditions without the potential delay of having to wait for a GP appointment? Accessing the service may help children feel better and back to school as quickly as possible, as well as supporting parents/carers to also get better if they are unwell with one of the conditions covered under the service. There is no need to make an appointment; and many pharmacies in Basildon offer this including Tesco's and Boots.

| Condition | Patient Age |
|-------------------------|------------------|
| Earache | 1 to 17 years |
| Impetigo | 1 year and over |
| Infected bites & Stings | 1 year and over |
| Sore throats | 5 years and over |

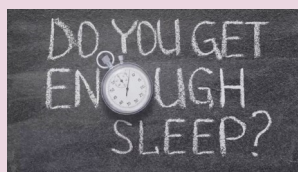
* Other services are available for children over 12 years. Please look at the Pharmacy First NHS website.

Devices In Bedrooms



We have noticed that some children are consistently, incredibly tired at the start of every day. When asked why, the answer is nearly always “I was on my phone or computer until really late”. With some of the children excitedly telling us about the phones, games consoles and other gadgets that Father Christmas delivered. It maybe worth setting some ground rules for these items, before embedded habits become very hard to break. Our devices emit blue light which stimulates our brains and interrupts our body’s natural wind-down-for-sleep process. This can have real repercussions around the amount of sleep we get and how we feel in the morning. We also know that our older children are sending messages to friends during the night and have told us that their parents don’t know they are doing this. Here are some ways your children will benefit from keeping the devices out of the bedrooms;

1. You will minimise the temptation to play games or chat with friends online to an ungodly hour.
2. They are more likely to pick up that book and relax naturally, while hopefully enjoying a great story.
3. They’ll have time before bed with siblings or family members, to perhaps play a fun game, or have a chat, if you lose the phone for the last 30 – 60 mins.
4. You’ll reduce the hypervigilance that results from the anticipation of a message that may or may not arrive. Being alert for any constant communication prevents us from properly relaxing.
5. Sleep—children will get longer and better quality sleep making them ready for the day as well as less grumpy at home!



Spring Term Diary Dates

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|-------------------------------|--|
| Wednesday 29th January | 2:20pm Rowan Class assembly to parents |
| Friday 31st January | Chestnut Class at Forest School |
| Thursday 6th February | 2:20pm Magnolia Class assembly to parents |
| Friday 7th February | Hawthorn Class at Forest School |
| Monday 10th February | Start of Decades Week |
| Friday 14th February | Decades Week dress up & Hawthorn Class at Forest School |



Monday 17th February to Friday 21st February Half Term

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|-----------------------------|---|
| Friday 28th February | Hawthorn Class at Forest School |
| Thursday 6th March | World Book Day dress up |
| Friday 7th March | Beech Class at Forest School |
| Tuesday 11th March | 10:00am Year 5 production to parents & 2:00pm Year 5 production to parents |
| Wednesday 12th March | Year 6 at Crucial Crew at Towngate Theatre |
| Friday 14th March | Beech Class at Forest School |
| Tuesday 18th March | 10:00am Year 4 production to parents & 2:00pm Year 4 production to parents |
| Friday 21st March | Beech Class at Forest School |
| Monday 24th March | Year 4 Anglo-Saxon trip to West Stow |
| Wednesday 26th March | 10:00am Year 3 production to parents & 2:00pm Year 3 production to parents |
| Thursday 27th March | Infant Mother’s Day sale |
| Friday 28th March | Junior Mother’s Day sale & Willow Class at Forest School |
| Thursday 3rd April | Annual Reports to go home |
| Friday 4th April | End of Spring Term & Nursery Easter Bonnet Parade |



Monday 7th April to Friday 18th April Easter Break—Return 22nd April