



# Oughtibridge Primary School



Newsletter for Week Commencing  
Monday 14th April 2025



Classes with the best attendance last week are:

KS 1      KF 98.7%  
KS2      AB 100%



## Year 1/2

Well done to all the Children that took part in their Easter performance. There's a sunflower in my supper! They were all brilliant. It was lovely to welcome so many parents, carers and other relatives in to school to watch the show.

## Year 5

The deadlines have now passed for returning slips for Y5 Dodgeball (22nd April) and Cycle Speedway (23rd April). Confirmation slips will be sent out after the Easter holidays.

## Parents Evening

Just a reminder that Parents evening will take place on 15th/17th April.

## Raring2go!

Please find the link below to the interactive spring digital copy of the Raring2go! Sheffield and Rotherham magazine

<https://magazines.raring2go.co.uk/sheffieldandrotherham/spring2025/>

## Kids Easter Activity Pack

Now available to download from the Trans Pennine Trail on the link below.

<https://www.transpenninetrail.org.uk/welcome-to-our-childrens-page/>

## Egg Rolling

We have an exciting day planned on Thursday 17th April with all the children taking part in egg rolling. This will take place during the school day.



# Oughtibridge Primary School

## Newsletter for Week Commencing Monday 14th 2025

### Whole School

A reminder that the new date and venue for the final Cross Country event of the season is Saturday 26th April (10am) at Longley Park. It would be lovely to see as many families as possible at this event!

### Textile Bank

Attached is some information on the items that can be placed in our new textile bank. Clothes must be clean and in wearable condition.

### Staff Car Park for After School Clubs

If you are collecting your children from after school clubs that finish at 4:30pm, please do not park in the staff car park. This is to ensure the safety of our children as they use the driveway to exit the site at this time. You may use the visitor car park (turn left at the top of the drive) but there is very limited space. We recommend you park on the streets nearby. Thank you.

### Larks & Foxes Bookings

Please remember to book your sessions using the Peak Edge app. If you have any problems please contact us.

## Newsletter for Week Commencing Monday 14th 2025

### Sheffield United Easter Football Camps

Sheffield United Community Foundation are running some Easter football camps over the holidays. Please see the links below for further details.

#### **Week 1**

LU Graves - <https://officialsoccerschools.co.uk/sheffieldunited/24-25-lu-graves-easter-camp-week1.html>

LU Westfield -

<https://officialsoccerschools.co.uk/sheffieldunited/24-25-lu-westfield-easter-football-camp-week-1.html>

LU Thorncliffe -

<https://officialsoccerschools.co.uk/sheffieldunited/24-25-lu-thorncliffe-easter-football-camp-week-1.html>

Wisewood - <https://officialsoccerschools.co.uk/sheffieldunited/24-25-wisewood-easter-camp-week-1.html>

Handsworth -

<https://officialsoccerschools.co.uk/sheffieldunited/24-25-handsworth-easter-camp-week-1.html>

#### *Girls Only*

LU Graves -

<https://officialsoccerschools.co.uk/sheffieldunited/24-25-lu-graves-girls-only-easter-camp-week-1.html>

LU Westfield -

<https://officialsoccerschools.co.uk/sheffieldunited/24-25-lu-westfield-girls-only-easter-camp-week-1.html>

#### **Week 2**

LU Graves - <https://officialsoccerschools.co.uk/sheffieldunited/24-25-lu-graves-easter-camp-week-2.html>

LU Westfield -

<https://officialsoccerschools.co.uk/sheffieldunited/24-25-lu-westfield-easter-football-camp-week-2.html>

\*\*LU Thorncliffe -

<https://officialsoccerschools.co.uk/sheffieldunited/24-25-lu-thorncliffe-easter-football-camp-week-2.html>

Wisewood - <https://officialsoccerschools.co.uk/sheffieldunited/24-25-wisewood-easter-camp-week-2.html>

Handsworth -

<https://officialsoccerschools.co.uk/sheffieldunited/24-25-handsworth-easter-camp-week-2.html>

#### *Girls Only*

LU Graves -

<https://officialsoccerschools.co.uk/sheffieldunited/24-25-lu-graves-girls-only-easter-camp-week-2.html>

LU Westfield -

<https://officialsoccerschools.co.uk/sheffieldunited/24-25-lu-westfield-girls-only-easter-camp-week-2.html>

*\*\*This camp will only be 3 days (Mon - Wed).*



## Extra Curricular Information Starting Monday 13th



Monday -Ninja Warrior Y1/2  
 Tuesday -Hockey Y3/4/5/6  
 Tuesday - Art Y1/2  
 Wednesday - Streetdance Y1/2  
 Wednesday - Football Y2/3  
 Thursday Soft Archery Y1/2  
 Friday - Basketball Y3/4/5/6  
 Friday - MultiSports Y1/2  
 Friday - Art Y3/4/5/6



## Upcoming Dates

Thursday 17th April - Egg Rolling  
 15th/17th April Parents evening  
 29th- 30th April Y3 Kingswood



## Letters Sent Home This Week

ParentMail has been active this week so please check your emails before requesting copies of any letters sent home. Copy letters are also available on our website

We would also ask you to ensure your mobile is switched on at all times to receive any emergency texts if you have registered for this service.

### Subject

Leavers Hoodies	Y6
Swimming Letter	Y4BB
Cycle Speedway Session	Y5

## School will be closed

**Friday 18th April (Good Friday)**  
**Monday 21st April (Easter Mon)**  
**Monday 5th May (May Day)**

## Contact Us



For more information, [visit our website](#).

We are also on [Facebook](#) and [Instagram](#).

Call us on 0114 2863167.



## Lunch



Hot school lunches are free for all children in FS2 and KS1. School meals cost £2.75 per day (£13.75 per week) for children in KS2. Payment must be made online by Parentmail. Children will order their lunch at registration time. Any child arriving after 9:30am, who hasn't pre-ordered a meal, will need to be provided with a packed lunch from home.

Week 1	Favourites Monday	World Tuesday	Roast Wednesday	Pizza Party Thursday	School Closed
Red	Pork Sausage Toad in the Hole & Home-Baked Potato Wedges	Red Tractor mild Chicken Curry, Mixed Wholegrain & White Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes.	MSC Fish Fingers & Chips	
Green	Veggie Sausage Toad in The Hole & Home-baked Potato Wedges	Macaroni Cheese	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Cheese Flan Chips & Ketchup	
Sandwich	Cheese	Tuna mayo	Hot Roast Baguette	Fish Finger Wrap	
Jacket potato	Jacket Potato with Tuna Mayonnaise Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise Cheese or Beans	Jacket Potato with Tuna Mayonnaise Cheese or Beans	
Vegetables	Broccoli, Cauliflower, Carrots & Sweetcorn	British Red Tractor Garden Peas & Sliced Carrots	Broccoli/Cauliflower & Carrots,	British red Tractor Garden Peas, Baked Beans	
Dessert	Vanilla Cookie	Banana mousse	Strawberry Jelly with Watermelon Slice <small>VG</small>	Iced Old School Cake with a cherry on top	

# Sleep Hygiene: The Facts

Sleep plays a crucial role in the development of children's minds and is essential for their mental and physical health. Sleep allows a child's mind to digest and make sense of the day's events. It prepares their brain for learning new things the next day. Simply put, getting the proper amount of sleep helps them to cope better with whatever life brings their way. A child who consistently gets a good night's sleep is more likely to be mentally alert, have more energy during the day, and reach their full potential.

## How much sleep does a child need?

The amount of sleep a child might need depends on their age. It is normal for a child to take 20-30 minutes to get to sleep, so bedtime should be half an hour before the ideal sleep time. A good sleep routine should start an hour before bedtime. Listed below are some recommended bedtimes, as advised by the Sleep Foundation (2024).

Age	Recommended hours of sleep
3-5 years	10-13 hours (including naps)
6-12 years	9-12 hours
13-18 years	8-10 hours



Healthy  
Minds

Sheffield Children's  NHS Foundation Trust

## Sleep Hygiene: Frequently Asked Questions

**"At bedtime my child often wants to discuss their worries, what can I do?"**

One thing we usually suggest is delaying speaking about the worry until the following morning. This is known as 'worry time', an agreed specific time in the day for your child to share their concerns. Children often feel reassured that they will have a specific time to talk about their worry with their trusted adult. When morning comes, children often find that they are no longer worrying about that problem.

**"How do I get my child to sleep before midnight?"**

During puberty, children start to secrete melatonin later at night than they did in earlier childhood. This affects their circadian rhythm. It means that your child may want to go to bed later at night and get up later in the morning.

- Encouraging your child to go to bed and get up around the same time every day, even on the weekend, can help your child's internal body clock get into a rhythm.
- Where possible, allow plenty of time – for example, an hour – for your child to wind down before lights out. Quiet activities like reading a book or magazine, drawing, or writing might be helpful for your child as they begin to unwind from the day.

## What helps support a good bedtime routine?

A good bedtime routine can look different in many households; it is important to consider the differing needs of your child or children. We appreciate that there is not always a one-way works for all, however, several things are widely recognised as helpful in most circumstances.

### 1) Consistency and structure

A routine that follows the same pattern supports younger children to predict what is coming next. Collaborating with your child on activities that support sleep will help them to feel involved.

### 2) A sleep-focused bedroom environment

A dark, quiet, tidy bedroom is ideal for feeling safe and comfortable at bedtime. Room dividers or curtains may help to reduce distractions if your child shares a bedroom. Removing distractions such as mobile phones or televisions will support the brain's adjustment to sleep.

### 3) Nutrition and exercise

Certain foods can encourage sleep, such as bananas, porridge, and cherries. It is highly recommended to avoid sugary or caffeinated foods or drinks at bedtime to support the transition to sleep. Exercising during the daytime often helps sleep but try not to implement this just before bedtime.

Did you know that animals sleep in different ways? For example, some animals like dolphins and whales sleep with only half of their brain at a time, while the other half stays awake to help them swim and breathe.



Sleep is an important biological function that supports the brain's daily growth and development. It can be affected by so many factors, but there are lots of things we can do to try and support children and young people with their sleep.

We hope that some of the information contained here is useful to you. Should you need anything further we have included some useful links to national sleep charities below:

**The Sleep Charity** – [www.thesleepcharity.org.uk](http://www.thesleepcharity.org.uk)

Offering support and guidance to children and adults to support better sleep.

**Teen Sleep Hub** – [www.teensleephub.org.uk](http://www.teensleephub.org.uk)

Supporting the sleep needs of teens and young people.

**Cerebra** – [www.cerebra.org.uk](http://www.cerebra.org.uk)

A charity supporting the additional sleep needs of children with a brain related condition.

Healthy  
Minds

Sheffield Children's  NHS  
NHS Foundation Trust

# ROSES

## CRICKET

POWERED BY DYNAMOS



[Clubspark / Dynamos / Coaching / Course](#)



AGES  
8-11

DYNAMOS  
CRICKET

Oughtibridge War Memorial Cricket Club

When: Thursdays Commencing 22<sup>nd</sup> May

Time: 5.30pm

Cost £30.00

Roses Dynamos 8 Week Programme

**GIRLS ONLY CRICKET  
SESSIONS**



# Items We Accept

**£0.40 p/kilo**

**Clean women's, gents & children's clothing (Shorts, Skirts, Blouses, Dresses, Sportswear, Bras, Swimwear, Trousers & Jeans, T-Shirt & Vest, Shirts, Denim Tops, Leggings, Nightwear & Sleepwear, Jumpers & Cardigans, Jackets & Coats, Suits, Tops, Knitwear, Leather Jackets/Trousers, Jumpsuits, Baby wear, Socks\*, Tights\* & Underwear\* (\*new), etc.)**

**Paired shoes (Sandals, Trainers, Slippers, High Heels, Boots, etc.)**

**Jewellery, Accessories, Watches, Sunglasses, etc.**

**Handbags, Belts, Hats, Ties, Gloves, Wallets & Purses, Scarves, etc.**

LUNCH VOUCHER WORTH  
£6.50 @ OXLEY'S CAFE

# S.E.N.D. EASTER HOLIDAY ACTIVITY & INFORMATION DROP IN

STOCKSBIDGE COMMUNITY LEISURE CENTRE

7TH APRIL  
10AM-12PM

## FREE INCLUSIVE ACTIVITIES:

- ARTS & CRAFTS
- MULTI-SPORT
- GAMES

## INFO & SUPPORT:

- MENCAP
- SHEFFIELD PARENT  
CARER FORUM
- FAMILY HUBS
- PARENTING HUB

FOR FAMILIES & CHILDREN WITH SEND OR  
AWAITING A DIAGNOSIS

FOR MORE INFORMATION CALL  
DAVID ON 07526 032173





COMMUNITY  
PROGRAMME

# GIRLS SOCCER CAMP



Our Girls Soccer Camp for ages **5-11** offers an exciting & educational football experience for players of all skill levels!

To book a place, please visit:

[www.swfccp.co.uk](http://www.swfccp.co.uk)

Or scan the QR Code below using your phone camera:



**£20 day or £60 all 3**  
10am - 4pm  
7th to 9th April

**Address**  
Hillsborough College  
Outdoor Astro pitch,  
Livesey Street  
S6 2ET



**ALINE**  
MOUNTAIN BIKE COACHING

## Kids and youth coaching spring 2025

### Kids & Youth Mountain Bike Coaching

We are excited to support the next generation of mountain bikers through our kids and youth evening mountain bike sessions.

#### Is this for you?

All riders will need to be self-sufficient for each coached session.

This includes:

- be able to ride red grade trials, not including big features such as jumps and drops
- be comfortable to be with the group for 1hour through the session
- have appropriate clothing and protective equipment, including a helmet, knee pads and gloves as a minimum.



#### Details

Who: 8-14 year olds

When: Tuesday evenings  
between 29th April - 20th May

Time: 5:45-7pm

Where: Grenoside woods &  
Parkwood springs

#### Questions?

Please contact ALine:

gmjalincoaching@gmail.com



@aline.coaching

For more  
info scan  
here

