



15th March 2024

Turnfurlong Times

DIARY DATES

18/03 - 22/03	Big Walk & Wheel Week (walk, scooter or cycle to school)
16/03	Milton Keynes Music Festival
22/03	Last day for Easter Posters to go to Michael Anthony
26/03	Year 4 College Lake Trip cancelled
27/03	Year 5 Oxford Visit
27/03	Year 6 residential meeting at 6pm
28/03	Year 4 College Lake Trip cancelled
29/03 & 01/04	Bank Holidays
02/04	Half Term Starts
15/04	Children back to school
17/04	Parents Evening (change of date from 26/03)
18/04	Parents Evening (change of date from 28/03)
19/04	FOTJS Tuck Shop
22 - 26/04	Year 4 Tregoyd
24/04	Whipsnade Zoo—Year 4
25/04	Bags To School—start saving those older clothes!
29/04	Echoes Albert Hall
01/05	York Parent Evening
08/05	Class Photos
13/05-16/05	Year 6 SATS
17/05	FOTJS Tuck Shop
21/05	Summer Concert
03/06 - 07/06	Year 6 Residential
19/06	Young Voices—A Coral Day
21/06	Sports Day
22/6	SAVE THE DATE-SUMMER FAYRE! 12-3pm
24/06 - 26/06	Year 5 Residential
04/07	Garsington Opera—Midsummer

Netball Tournament

Our Netball Club took part in their first tournament of the year at Kingsbrook this week. Our club faced some fierce opposition against clubs who have been long established.

The TJS Netball team played very well and were so determined! We are extremely proud of them and we look forward to further opportunities to play.



Reading Helpers

Reading aloud to an adult helps children to have a better understanding of the words and helps to improve their vocabulary.

We are looking for volunteers to come into school ideally on a weekly basis to listen to our year 3 children. Just one hour, once a week, could help make a real difference. Times can be flexible and 2pm-3pm works well and is just before pick up time!

If you would like to know more about becoming a reading helper then please email the office and we will be in touch.



Sponsored Read



Don't forget FoTJS are running a sponsored read which ends on the 21st March. Children need to record the amount of time they spend reading over the 2 weeks—friends and family can then:

- A) sponsor an amount per minute (eg 10p per minute x 60 minutes = £6)
- B) Sponsor a set amount (eg £10 for taking part or £5 for every 30minutes worth of reading)

Count up how many minutes your child has read for to work out the total on their sponsorship form. Please then visit Schoolgateway and pay in the sponsorship total.

Sponsorship forms were sent home last week (please contact the office if you need another form). Happy reading!

Red Nose Day

Thank you to everyone who donated towards Red Nose Day—we raised an amazing £200! Thank you.

Community Day

Aylesbury United FC will be hosting a Community Day on **Saturday 13th April 2024** when The Ducks play Ware FC in their Southern League Division One Central home game of the season (3pm kick off).

Bunny Rescue

Bunny Rescue is back! Please see the attached letter from FOTJS. Register from Tuesday 19th March!



There will be some **family fun and child friendly activities** within the ground before kick off and at half time. [Please click the link for more information!](#)



Year 3

Another busy week which seemed to go faster than the last! Well done 3T for a great assembly and all of Year 3 for trying their best with assessments this week. You should all be proud of yourselves!

In English we have continued with the Land Before Time narrative. During Science we have looked at the strength of magnets and testing different theories.



We continue to investigate the Jurassic coast in Geography, making comparisons to where we live. How I wish we could fit in a trip!

In DT the children have begun looking at pneumatics and planning their design for their monster. **(If your child has not brought in an egg box yet please send one in next week)**

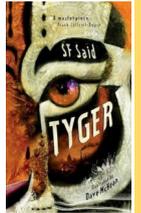
We are looking forward to another fun packed week to follow and not long now to the Easter break! Have a lovely weekend.

Year 4

Spring definitely seems to be in the air this week! The children are enjoying working on their wobblebots in DT. They have been busy painting them and making their animal designs come to life.

We have continued our work on branching databases and food chains in Science - the children have enjoyed learning fascinating facts about life on our planet.

In English, we continue writing the next part of our Tyger stories, we will be introducing an incredible creature in the next chapter!



In Geography, we have been learning about the Spanish city of Madrid - did you know the mascot of Madrid was a bear?

A quick note that the trip to College Lake has been sadly cancelled by the venue however we are working hard to rearrange an alternative visit, so watch this space!

Another super week in Year 4, and we wish you all a great weekend.

Year 5

It has been another wonderful week for year 5. All classes have been involved in forest school - making dens, swings, muddy puddles, painting buildings, carving shapes out of wood (whittling) and many more exciting activities. Please make sure children bring enough layers to be comfortable and dry, a spare set of socks as well as their school shoes.

In Science, our focus has been irreversible changes - children conducted a number of experiments - using a variety of household ingredients to create some amazing chemical reactions.



WHEN WE DID THE EXPERIMENTS, NONE OF THEM EXPLODED.
 THE VINEGAR AND BAKING POWDER MADE A BATHER UNUSUAL SMOEL WHILEST HAS A THICK MISTY WHITE COLOUR.
 FOR THE WATER AND BAKING POWDER LIKE THE OTHER ONE DID MAKE A MISTY COLOUR BUT YOU COULD STILL SEE BAKING POWDER AT THE TOP.
 FOR THE LEMON AND WARM MILK IT SPILLS LIKE SICK IT LOOKED HORRIBLE AND ALSO WENT LUMPY AND STUCK TOGETHER.

We finished the fourth and final chapter of our sky ship adventure - children are now publishing their books using their ICT skills to edit, type and format text as well as designing eye catching covers - these books will be brought home before the end of term

In history continuing about the Saxons - In children pared and ed some

Alfred's next three brothers were successively kings of Wessex. Ethelbald (855-857) and Ethelbert (857-858) were also much older than Alfred. Alfred became king 849BC. At the age of 4 he made a pilgrimage to Rome where the pope told him that he would be king one day.

Alfred took the throne after several of his older brothers died, as he was the youngest of his father's sons. He married Ealhswith of Mercia, with whom he had at least five children, though there may have been others that did not survive to adulthood.

King Alfred the Great died on the 26th October 899, probably through complications arising from Crohn's Disease, an illness which forces the body's immune system to attack the linings of the intestines.

we are to learn Anglo-groups pre-present-amazing

Year 6



Happy Red Nose day from Year 6! This year, this event is focusing on supporting those in need during the current living crisis, focusing on issues like lack of food and homelessness.

The pupils have all worked very hard this week as it has been Assessment week. We use the results of the tests to guide us in our planning on how to support the children for the rest of the year.

In English, we have been having fun trying out a technique called "hot seating". The pupils took on the roles of characters from different classes on board the Titanic. They were interviewed by the other pupils who acted as journalists from "The New York Times" newspaper. It was great to see just how much they have learnt about the different experiences between the three classes.



In Science, we have started our new topic of "Classifications". We have been learning about how and why Scientists classify organisms based on their unique characteristics. One of our tasks was to look at the different characteristics of buttercups - looking at their petals, leaves and lobes. Who knew that there are so many differences?

Happy weekend from The Year 6 Team.



Bridgewater Crosscountry

With just over a week until the District Cross Country, team TJS took part in some races at Bridgewater School in Berkhamsted. Taking a much smaller group than normal (due to some last minute cancellations) 20 runners used this competition to push themselves and try to achieve some great times.

First up were our Year 6 girls - Erin & Katy. Both these girls ran hard in a large group and finished in 12/13th places respectively. Crossing the line virtually together they completed the 1250m in 6:16. Fantastic time and hopefully with a larger team next week, will do even better.

Following this were our Year 6 boys. Competition between these is huge and they didn't disappoint either. Leading from the front, Oscar G probably held a 50 M lead the whole course and never looked back, achieving gold medal place- he recorded a time of 5.07 for the 1250m. Behind him Archie powered through to take 6th, followed by Noah in 7th and James KJ in 10th. These 3 boys completed the course in 5:27-5:30 mins. Completing the team, Justine finished in 28th place out of a field of 42. A great all round team performance.

In the Year 5 girls race, we had a solo runner and Shona as usual dug in and pushed the runners to their max. She was leading with 120m to go, but unfortunately couldn't hold on and finished in a superb 3rd place, finishing in 5:45 and achieving bronze. It is hard to run on your own and hopefully she will have a team to support her next week. Well Done.

Our Year 5 boys again were also short of team runners, however Austin and James DB ran together, supporting each other and driving forwards. James finished in an excellent 5th position, with Austin not far behind in 9th. Their times were 5:30 and 5:40 for the 1250m. Great things are expected from these two over the next couple of years!

The Year 4 girls ran 800m and were led home by Leah M. Leah pushed herself, chasing down a leading pack to finish in bronze medal place with a time of 5:12 which was amazing. Eleanor finished 17th, Phoebe 30th and in her first race Chloe finished in 41st place. A great effort was shown from all these girls- Well Done.

The Year 4 (who like to be called the 'Dream Team') Rowan, Jamie & George, ran excellently as a team and pushed each other. Rowan finished in 4th, Jamie in 10th and George cemented the team silver by finishing in 16th place. Race times of 4:28, 4:40 and 5:05 demonstrated what a great team of runners we have. Congratulations to them.

The Year 3 girls were represented by Evie S, who took off like a rocket on her 600m race. Focused, she never looked back and held the lead all the way home, achieving gold and 1st place. She finished in 2:53.

Concluding our races were Year 3 boys. TJS were represented by Elliot H and Toby W. In a large field of runners they finished 12th and 40th respectively. Elliot finished in a time of 2:52.

Congratulations to all our runners. You showed great determination and supported our other runners. Thank you to all our parents who came to watch and the staff for providing this opportunity. District next week!

By 'A bloke running on the sidelines'





Class Assemblies

Each class presents their learning to the school community and to parents. There will be two assemblies for each class, one at **1.30pm** and the other at **2.45pm**.

Dates will be shared with parents/carers in this space soon.

Please make a note of your child's class assembly and come along and join us at either time.

3T	14.03.24	
5S	25.04.24	
4J	02.05.24	Change of date
3J	09.05.24	
3S	23.05.24	
4S	13.06.24	

Curriculum Newsletters

[Year 3](#)
[Year 5](#)

[Year 4](#)
[Year 6](#)

Term Dates

2023-2024

Autumn Term

INSET Day 1st September

INSET Day 4th September

5th September—20th October

October Half Term - 23rd October-27th October

30th October—19th December

Christmas Holidays

20th December 3rd January

INSET Day 4th January

INSET Day 5th January

Spring Term

8th January—9th February

February Half Term—12th February—16th February

19th February—28th March

Easter Holidays - 29th March—12th April

Summer Term

15th April—20th May

BANK HOLIDAY 6th May

May Half Term—27th May—31st May

INSET Day 3rd June

4th June—23rd July

Summer Holidays—24th July onwards

Amazon Wish lists

We have wish lists for each class and generic items.

3T	3J	3S
4T	4J	4S
5T	5J	5S
6T	6J	6S

10 Top Tips for Parents and Educators
DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- MINDFUL TECH USE**
Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easy and how well a person can sleep.
- EFFECTIVE SLEEP PRACTICES**
Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could set up an association between that action and falling asleep.
- HYDRATION HABITS**
Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.
- CONSISTENT BEDTIME SCHEDULE**
Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.
- OPTIMAL SLEEP ENVIRONMENT**
Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.
- RELAXING EVENING ACTIVITIES**
Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.
- PRIORITISING ADEQUATE SLEEP**
Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives, during the exam season for children and young people, for instance.
- NUTRITIONAL BALANCE**
Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.
- PARENTAL SUPPORT**
Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.
- MILITARY SLEEP METHOD**
Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself! While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert
Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. The guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

#WakeUpWednesday
The National College