

Hello, All Souls families!

A little note from our Head of School

Dear families,

As we come to the end of our second full week of school, the children are well on their way on their Autumn Term learning journey. The children will be bringing home a whole school homework this afternoon following the letter you received from Ms Ascough earlier in the week (class homework books will be sent home next week). The deadline for the children's ideas on people who have been inspired by curiosity is Friday 25th September.

Our afterschool enrichment clubs started again this week and it was lovely to see the children taking part in a range of activities from football and basketball to drama and choir. A reminder to our KS2 parents that Fitzrovia Community Centre also run a range of after school activities too:

- *Monday: Whizz Kids (Coding Club)*
- *Tuesday: Fitz Foodies (Cooking Club)*
- *Wednesday: Sew Good (Sewing Club)*
- *Thursday: Challenge Lab (STEM Club)*

Finally, a special well done to Y3 who were amazing at swimming today and demonstrating our value of perseverance with everyone managing to get in the pool and have a good splash around!

Have a lovely weekend everyone and see you bright and early on Monday.

Jo Plesniak - Head of School



✿ Good news

This week's commendations go to:

Year Six – **Amiyah and Renis**

Year Five – **Antoan and Josephine**

Year Four – **Elishama and Tahir**

Year Three – **Arabella and Momo**

Year Two – **Luna and Grayson**

Year One – **Zion and Kiran**

Reception – commendations will start next week

Willow – **Amelia**

Sycamore – **Shameena**

Whole School Focus: Being the best I can be in PE

The whole of Y1



Celebration worship will take place as usual on Monday morning 9.10am in Riding House Hall. Parents and families of children receiving commendations are warmly welcome to join us.

This week we are focusing on the importance of sleep and the hugely positive impact a regular bedtime routine can have on our children's sleep and consequently the positive impact this will have on their ability to learn well in school. It is important we all remember that sleep is a time for the body, particularly the brain, to process, rest and restore ready for the next day.

Sleep Well

Sleep is important for our body and our mind. It provides time for our body to restore itself, build our immunity and rest. It also helps our brain to process all we have learnt each day. This helps us to feel refreshed and alert when we wake up.

Getting the right amount of good quality sleep helps us to:

- have more energy to do things we enjoy;
- concentrate better;
- enjoy our relationships with those around us;
- process what we have learnt;
- feel refreshed, healthy and well.



We all feel better after a good night's sleep but how can we help ourselves to sleep well?

Top Tips:

Enjoy a regular bedtime and wake-up time routine.

Try to go to bed and wake up at a similar time most nights/mornings.



Try to create a calming bedtime routine.

It can be helpful to enjoy relaxing activities before bedtime to help your body to feel sleepy. This might include a warm bath, reading a book or listening to relaxing music.



Get active in the daytime.

Fresh air and activity in the daytime can help our bodies to feel tired and in need of rest afterwards. Exposure to daylight also helps us to feel energised in the daytime and sleepy at night time.



Create an environment that will promote sleep.

It can help to make sure bedrooms are quiet, darkened rooms that are a cool temperature.



twinkl

Weekday Timetable

@ Oxford Gardens Primary School, W10 6NF

Tuesday

4:15pm-5:00pm	First Voices Choir	Year Groups 1+2
4:30pm-5:30pm	Junior Voices Choir	Year Groups 3-6
4:30pm-5:30pm	Music Production	Year Groups 4+
5:15pm-6:30pm	Next Level Voices*	Year Groups 7-13

Wednesday

*Performing at the Royal Albert Hall in June 2027!

4:15pm-5:15pm	Large Group Guitar Class (Year 3+)	Must know 5+ notes on the acoustic guitar before joining
4:15pm-5:15pm	Breakout Band (Year 3+)	For continuers who have had 2+ terms of tuition, to those working at Grade 5
4:15pm-5:15pm	Session Band (Year 4+)	A first Contemporary Band experience for Keyboard, Bass, Electric Guitar, Drum Kit players and Vocalists. Must be Grade 1+ on your instrument
5:00pm-6:15pm	Symphonic Band* (Year 3+)	For advanced instrumentalists - Grade 5+ on your instrument

Dates for the diary

23rd Sept: Coach Robin fitness testing Y5 and 5 – PE kits please

23rd Sept: School Ambassador interviews for Y6

5th-8th October: individual Y6 secondary school meeting with Miss Ascough. Please book via the school office.

6th October: Start of the Year parent meeting – all welcome

Thursday 22nd October – Harvest Festival All Souls Church (10am)

Friday 23rd October – School finishes at 3.30pm for half term. Children back on Monday 2nd November



Attendance Matters:

At All Souls we try our best to be in school, on time, everyday!

Butterflies	Year One	Year Two	Year Three	Year Four	Year Five
94%	97%	100%	93%	95%	97%
Year Six	Willow	Sycamore	Well done to Year 2 for their excellent attendance this week.		
98%	96%	76%			

This week in pictures:

