

KEEPING SAFE & HEALTHY

WHY SLEEP MATTERS FOR KIDS

SLEEP RECHARGES KIDS' BODIES AND BRAINS SO THEY CAN:

- Feel calm and refreshed.
- Make good choices.
- Have a healthy weight.
- Pay attention in school.
- Remember what they learned.
- Do better in sports.
- Avoid getting hurt.
- Feel good about themselves.

AFTER 1 OR 2 NIGHTS OF LESS SLEEP, YOUR CHILD MAY:

- Have more meltdowns.
- Make poor choices.
- Zone out in class.
- Forget what they learned.
- Have trouble with sports and games.
- Get into arguments.

KIDS WHO ARE SLEEP-DEPRIVED MAY:

- Feel sad, hopeless, or anxious.
- Become overweight.
- Make risky choices.
- Use cigarettes, alcohol, and drugs.

HOW MUCH IS ENOUGH?

9-12 hours for ages 6-12 8-10 hours for ages 13-18

CHRISTIAN VALUES

Compassion & Forgiveness



COMMUNITY NEWS

Join the Great British Spring Clean
Be part of the pick 2026

Goodrich Spring Clean
Sunday 22nd March 2026
9.30am

(equipment available from 8.30am if you prefer an earlier start. Just collect some equipment and sign up for the area you will be clearing)

Meet at Goodrich Primary School
Litter picking equipment provided
(bring gloves)

Goodrich Church of England

Attendance		11 th Edition 2025-26	20 th March 2026	House points	
Reception	100%	School Prayer Dear God, Bless our school. Bless our teachers. Bless our pupils. Bless our families. Please help us to be kind and help us to always try our best. Let us remember, as many hands make a house, so many hearts make a school. Amen	 Collective Worship At this time of year we think about Lent & Easter We are thoughtful. We value compassion and forgiveness. 'Live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble.' (1 Peter 3:16)	Dragon	65
Year 1	95%			Pegasus	77
Year 2	92%			Griffin	77
Year 3	97%			Phoenix	91
Year 4	100%				
Year 5	97%				
Year 6	98%				
TOTAL	97%				

Primary School Newsletter

 Twitter Snapshot
 @GoodrichCESch

Reminders

PTFA/ Eco

Goodrich CE School and Goldcrests... · 2d

The sun has been shining and we've had a lovely day at Southerndown Beach, looking at coastal erosion, exploring and looking for fossils. Thank you Glamorgan Heritage for a brilliant day. #GSwoodpeckers #GSowls #GSchgeography

- Please make sure that lunch orders are placed in good time, so that we can ensure we have enough food ordered.

JOIN US FOR AN Easter Celebration

No Uniform Day. Children can come in their own clothes for the last day of term. Suggested donation £2

Infants are invited to create an Easter Bonnet and Juniors to create an Egg Transporter (Details provided by school)

March 27th - 2:30pm
Goodrich school field
Easter Bonnet Parade
 (Parents & Friends Welcome)

Tuck shop & coffee cart available after school (Cake donations appreciated)

Thoughtful

Independent

Persevere

Team Player

Organised

Pioneer

News

Dear Parents,

On Friday, we finished the week with our third house event of the year. It was such a positive event where children bravely represented their house answering questions about themes from the past two years. The children worked together as teams to decide on their answers from our Wrens to Peregrines. Green Phoenix house were triumphant, taking them into a winning position for the whole of the Spring term. Well done to them all and they will have a reward event after the Easter holidays.

On Wednesday, we will be visiting St. Giles for our Easter service at 13:45. We are using this as an opportunity to celebrate our Easter festival but is also an opportunity to practise our oracy skills and the importance of listening carefully and respectfully in a place of worship. We would therefore be very grateful if families joining us could role model these skills too, trying to keep younger siblings entertained and chatting to a minimum when the service is underway.

Hopefully you are busy at home creating an amazing bonnet (infants) or egg transporter (juniors) for our PTFA event on the 27th March. Parents are welcome to join the PTFA from 14:30 to see the bonnets in all their glory in a parade and to enjoy refreshments. This should be a wonderful end to the term.

Finally I would like to say a heartfelt thank you to everyone who gives their time to help us as a school, our PTFA of course but also our governors, our reading volunteer/ Open the Book and those who come and help us on trips and visits. Last week and again in the week to come, a big thank you to the Harewood End Agricultural Society, who have paid for the transport in order for our Wrens and Robins to visit the Herbert's farm. This fits beautifully with their 'animal' theme and brings learning to life in the context of farming which is so important and appreciated in our local community.

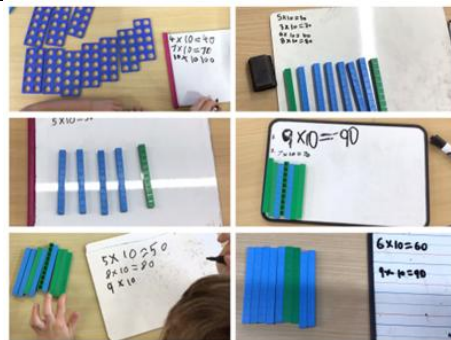
I hope you have enjoyed the sunshine this weekend and that you enjoy the Easter break when we get there.

Best wishes
Mrs Miles

Class News

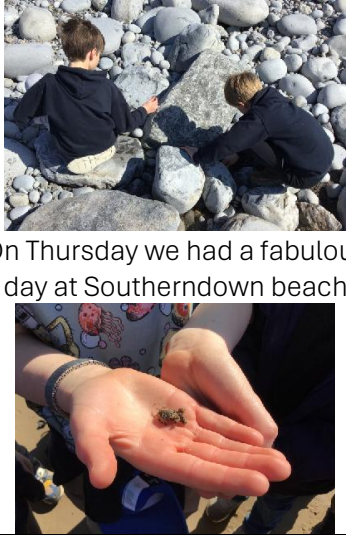
Goldcrests	We have been thinking about our Mums and why they are so special. The children had great fun mixing colours to create a special card to give them. We read stories that explored Mum's, such as, 'I want my Mum,' 'Owl Babies' and 'Me and My Mum.' In Forest School, we learnt about names for baby animals and the habitats they live in. With the excitement of frogspawn season, the children have been learning about the life cycle of a frog. We will be creating books to depict the stages we see in our tank as they change over the coming weeks. We have been exploring shapes and numbers as we played frog shape games and recited our rhyme of the week 'Frogspawn in a Pond.'			
	Quote of the week I love my Mum "because she's the best Mummy in the whole world." "cause she cuddles me." "because I love her so much because I do, she does everything." "cause she loves me."	Body & Mind  Exploring the tadpoles and frogs in the Forest School pond.	Wow play!  Finding ways to move the tyres around the garden.	Words of the Week frog spawn tadpole froglet frog

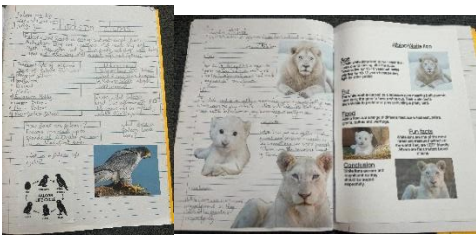
Wrens	Over the last couple of weeks, we have enjoyed lots of exciting opportunities to take our learning outside. In English, we made the most of the lovely weather by going on a walk looking for signs of Spring. The children spotted budding flowers, fresh green leaves and listened carefully to the sounds of nature. We then went back to the classroom with some of the treasures that we had found and used them to write some amazing Spring poems. We were so impressed by their creativity and descriptive language. On Friday, we had the opportunity to visit Lewstone Farm, with special thanks to the 'Harewood End Agricultural Society' who enabled us to go. The children had a wonderful time seeing lambs, feeding them and learning about life on the farm. It was a special morning. In the afternoon we participated in our school Mastermind house event and then had movie night! What a busy few weeks but lots of wonderful memories have been made. Have a lovely weekend.			
	Quote of the week	Body & Mind	Wow play!	Words of the Week
	"Spring, Spring, Precious flowers blooming bright, Pink, blue and yellow, Egg cracked" Ava	In PE we have been practising lots of playground games. We played 'stuck in the mud,' 'Duck, duck goose' and 'What's the time Mr Wolf.'	 Counting beyond twenty and in tens.	buds bloom blossom new life Easter mammal reptile amphibian

Robins	Over the last two weeks Robins have been looking at the features of a non-fiction text and how those texts give us information. We have shared the book 'Perfect Pets' the children have then done some research about a pet they would like to have before creating their own information page. In Maths we have been exploring the two- and ten-times table and linking that to multiplication number sentences to help solve problems. In Science we have been sorting and classifying animals into groups such as, reptiles, fish, birds, mammals and amphibians. On Friday the children did their houses proud in our Mastermind house event, a brilliant afternoon was had by everyone!			
	Quote of the week	Body & Mind	Wow work!	Words of the Week
	"I noticed that all the numbers in the tens times table end in a zero" Mollie	We have been having some movement breaks using <u>DannyGo</u> The children have really enjoyed it.	 Fantastic maths	continent amphibian reptile mammal glossary

Woodpeckers	This week, we have been learning a poem, 'The River' by Valerie Bloom and performing it in groups. We have also been exploring what techniques and structures the poet has used to write the poem to help us plan our own versions. In Maths, Year Three have been looking at multiplication and division by making equal groups, arrays and sharing a total and Year Four have been using their knowledge of their three, six and nine times tables to identify patterns and solve problems. In Science, we have been learning about the different parts of a plant and their functions. We have also been setting up an investigation to observe how many root shoots appear over the week and whether different conditions will affect this. In History, we have been looking at different artefacts from the Bronze Age and Iron Age and discussing what they were made from and what they were used for, and as part of our Geography, we visited Southerndown Beach on Thursday to help us understand coastal erosion and how this occurs. In DT, we have been researching shell structures and working in groups to create a bridge and in PE, we have been working on our attacking and defending skills through invasion games like football, tag rugby and netball.			
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	Quote of the week	Body & Mind	Wow work!	Words of the Week
	Whilst looking at the poem, 'The River' by Valerie Bloom, Zach said; "I can understand why it's like a monster. It can be scary and flood everything".	 The sun was shining on Southerndown Beach and we enjoyed exploring and fossil hunting.	 Working together to make bridge shell structures.	weathering erosion personification shell structure function

Owls	This week, Owls have been learning about river and coastal erosion in Geography. To help us understand the cause and consequence of this, we visited Southerndown beach on Thursday. We had a fabulous day learning more about coastal erosion and looking for fossils. In Art we have been learning more about 'POP Art' and using Roy Lichtenstein's work as inspiration for our own. In Maths, we have been learning how to solve problems involving long multiplication and using it to find answers to tricky sums.			
	Quote of the week	Body & Mind	Wow work!	Words of the Week
	While we were at the beach looking for fossils, Alfie said, "I've already found some fossils, so if I find anymore, I'll give them to someone who hasn't found one yet." Very thoughtful and kind, well done Alfie.	 On Thursday we had a fabulous day at Southerndown beach	 Super art inspired by Roy Lichtenstein's 'Pop Art' work.	meander tributary erosion deposition

Peregrines	This week, Peregrines have been writing information texts in English. In Maths, we have been learning about ratio and proportion and thinking about how they link to fractions. We have also been learning about scale factors and using them to complete scaled drawings — we may have some future architects in our class! In Art, we have been exploring the theme of love and using it to inspire our own artwork. In Science, we have continued to learn more about light by investigating refraction. In PE this week, we have taken on the role of sports leaders by setting up and running sports activities for Owls and Woodpeckers. We have also been enjoying the sunshine whilst playing rounders.			
	Quotes from the week	Body & Mind	Wow work!	Words of the Week
	During Science, Aleeah said, "When you shine the torch through the prism, the white light breaks into the colours of the rainbow."	 Undertaking our sports leader roles.	 Hayleigh and Jasmine's informative writing about different animals.	refraction power ballad informative tactics

Calendar

Forest School		Celebration Worship		Other Dates	
23/03/26	Wrens	25/03/26	Easter Service at St Giles' 13:45	27/03/26	PTFA Non-Uniform Day
13/04/26	Wren	01/05/26	Owls	27/03/26	PTFA Easter Bonnet Parade 14:30
15/04/26	Yr 5 & 6	15/05/26	Wrens	30/03 – 10/04/26	Easter Holidays
20/04/26	Robins	05/06/26	Robins	13/04/26	Summer Term begins
22/04/26	Yr 3 & 4	19/06/26	Woodpeckers	20/05/26	Sports day (a.m. GC & infants p.m. juniors)
27/04/26	Wrens	03/07/26	Goldcrests	12/06/26	Battle of the Talents final
29/04/26	Yr 5 & 6			16/06/26	Class Photos
06/05/26	Yr 3 & 4			19/06/26	Reports
11/05/26	Robins				

Be Ready

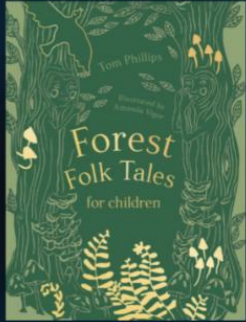
Be Safe

Be Respectful



TEWKESBURY HISTORY FESTIVAL

Thursday 18th - Sunday 21st June



Storytelling: Forest Folk Tales for Children

Sunday 21st June at 11am

Children £8 Adults £2.50

The Watson Hall

One of twenty-one fabulous speakers, including Suzannah Lipscomb, Alison Weir and lots more!



EASTER HOLIDAY ACTIVITIES!

What's On at Ross Swimming Pool...

☆ **STAGE 1 & 2 INTENSIVE**
Swim lessons perfect for beginners aged 4+ or currently on Stage 2 on our Learn to Swim programme to boost water confidence in just 4 days! (Monday 30th March - 3rd April). Check out the timetable for further details.

☆ **STAGE 3 & 4 INTENSIVE**
Swim lessons perfect for those who have are currently on Stage 3 or 4 on our Learn to Swim programme to enhance their water skills in just 4 days! (Monday 6th April - 3rd April). Check out the timetable for further details.

*Advance booking is required due to limited spaces available.

Book now in centre or give us a call on 01989 763 487

SCAN TO VIEW THE FULL TIMETABLE
Or visit: haloleisure.org.uk/whats-on

Terms and conditions apply:
• Some activities may be subject to change.
• Age limits apply to some activities. Please get in touch for more details.

haloleisure.org.uk



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Ready for an Easter adventure? Join us for the **Herefordshire Histories: Myths, Beasts & Legends** Easter Trail! Hunt down 13 enormous eggs, crack the secret code, and claim your chocolate prize!

The trail is included with your standard entry.

Book your tickets online today and get 10% off!

