



FRIDAY 23RD JANUARY 2026

## Mrs Wright's Weekly Update

### Headteacher's Award

For my Headteacher's Award each week, I focus on one of our Trinity Affirmations. This week the focus has been Resilience, the ability to bounce back when things don't go the way we'd hoped. As teachers and parents it's part of our job not to protect children from the bumps and hiccups in life but to help our children accept disappointment or things going wrong and to try again.

I was especially proud of those children in Year 6 who showed such good grace when they weren't successful in being chosen for the London Visit as there were limited places. Children cheering their friends' good news when they had been disappointed displayed that at Trinity we certainly are resilient.

### RSPB Big Garden Birdwatch

The RSPB's Big Garden Birdwatch is this weekend and we would encourage you to have a go at conducting some of their activities this weekend. Over the coming weeks, our children will be spending some time identifying, classifying and counting the birds seen in our grounds and our KS 1 Eco council have produced the guidance sent out earlier today on the app.

### This week

This week has seen our last Scootsafe session for class 3H and next week we move on to 5K enjoying their Bike Fix session – all adding to the rich curriculum which all of our children enjoy.

### Sleep

After last week's mention of a healthy breakfast I find myself, after some discussions with some of year 5 and 6 children, wanting to remind us all about the importance of sleep. We all know, as adults, the importance of sleep for our own health and well being but it is even more VITAL for our children.

Good quality sleep is important for everyone but especially for children, as it directly impacts on their mental and physical development. During the deep states of sleep, blood supply to your child's muscles is increased, energy is restored, tissue growth and repair occur and important hormones are released for growth .

So it looks like the science backs the old, old saying 'Go to bed early grow very tall, Go to bed late stay very small !'

Most importantly for us all here at school, good sleep helps to improve attention, behaviour, learning and memory .

NHS recommendations are that children aged 3-5 years get 10-13 hours sleep a night and that children aged 6-13 years get 9-11 hours sleep.

Source NHS Healthier Together





# What's on?



## DATES FOR YOUR DIARY

| Date  | Event                           | Info                      |
|---|---------------------------------|---------------------------|
| Fri 23 <sup>rd</sup> – Sun 25 <sup>th</sup> Jan | Big Garden Birdwatch            | at home, over the weekend |
| Thurs 29 <sup>th</sup> Jan                      | RS Tots on Tyres                | a.m.                      |
|   | 5D Bike Fix                     | p.m.                      |
| Mon 2 <sup>nd</sup> Feb                         | Y2 First Aid                    |                           |
| Tues 3 <sup>rd</sup> Feb                        | Y5 First Aid                    |                           |
| Thurs 5 <sup>th</sup> Feb                       | RS Tots on Tyres                | a.m.                      |
|   | 5K Bike Fix                     | p.m.                      |
| Mon 9 <sup>th</sup> Feb                         | Y1 Florence Nightingale Visitor |                           |
|   | Parents' Evening                | 4pm – 7pm BW & UP         |
| Tues 10 <sup>th</sup> Feb                       | Y3 & 4 Tennis Event             |                           |
| Wed 11 <sup>th</sup> Feb                        | Parents' Evening                | 4pm – 7pm BW & UP         |
| Thurs 12 <sup>th</sup> Feb                      | RS Tots on Tyres                | a.m.                      |
|   | 5W Bike Fix                     | p.m.                      |



# What's on?



## DATES FOR YOUR DIARY

| Date                      | Event                       | Info                      |
|---------------------------|-----------------------------|---------------------------|
| Fri 13 <sup>th</sup> Feb  | School closes for half term | 3:10pm at UP & 3:25 at BW |
| Monday 23rd Feb           | INSET DAY                   | School closed for pupils  |
| Tues 24 <sup>th</sup> Feb | School re-opens             | School open for pupils    |

# Big question – Spring 1

**HOW DO YOU  
SHOW KINDNESS  
IN YOUR  
COMMUNITY?**

**Each half term we focus on our Big Question during our class worships.**

**We discuss them with our friends and share our ideas together. You could talk about these at home too.**



## Not on the app? Let us know and download now to stay in the loop!

The Parentapps Connect mobile app enables you to keep up with messages and updates from school, plus much more. Scan the code below to download the app and contact the school office as **you will need an invitation to register.**

Search for 'Parentapps Connect' or scan the below

