

# THE TREEHOUSE SCHOOL UPDATE

Issue 147  
April 2016



The Treehouse School

A few words of encouragement from Ulrika before she started our third 10K race off.



## Didn't They Do Well!

The Gang often astound me with their determination and diligence, but last week they blew me away.

Without exception, the Treehouse Bunny Runners were remarkable, as they completed lap after lap of the park, challenging themselves to match or beat their personal bests from previous years. They all did so well demonstrating many skills and qualities in the process.

The following evening, The Gang performed at Wallingford School's Dance Festival, in front of a large audience, after a long day of rehearsals. Even though they must have felt done in, they all rose to the challenge and did a great job.

As well as a giving children a serious boost to their self-esteem, providing new challenges, with support and encouragement from the key adults in a child's life, helps to develop areas in their brains for solving problems later on in life.

## Top Team

This year's annual Treehouse 10K Run, held on a glorious sunny Sunday, was a great success raising just over £5000 for the school. We are hugely grateful for all the help we received - sponsors and local businesses, Ulrika Jonnsson who started the run, the 10k runners and the children who did the Bunny Run, our ACE parents fundraising team, and all the volunteers who marshalled, set up the course, provided and served refreshments and performed all the other vital tasks needed to organise such a great and smooth running day. Thank you to you all, and please come and join us again next year!

Alison Robertson - Chair of The Trust

Against the odds, a second chick has hatched at the Treehouse!

## Wild About Cholsey

For 30 years, The Forty magazine has included reports about the wildlife found in and around Cholsey, via the mysterious 'Eastender'. This spring, all of the notes along with additional material from the author, will be published as an illustrated book 'Wild about Cholsey'. Copies, priced £12.50 can be ordered from Eastender on 01491 651609. Eastender's true identity will be revealed in the book

## Dates for Your Diaries

|                               |   |
|-------------------------------|---|
| Mon 25 <sup>th</sup> April    | Bob and Roger Wyatt visiting The Treehouse to judge our wildlife photography competition.   |
|                               | Athletics pm: please collect your children from The Treehouse at 3.15 pm.   |
| Tues 26 <sup>th</sup> April   | Visit to Oxford to see where the Phoenix Comic is created. <b>Please meet at Cholsey Station at 9.30 am.</b> Home drop off at approximately 3.00 pm. Please let us know if this is a problem. |
| Weds 27 <sup>th</sup> April   | 11.00 am Marina visiting to meet with Herb re: The Treehouse Telegraph.   |
|                               | Cycling pm: New Houses and The Trees. Please collect your child/ren from the park.  |
|                               | pm: Judith Williams meeting Alex re: woodwork project.  |
| Thurs 28 <sup>th</sup> April  | Cycling pm: Year sixes and The Trees. Please collect your child/ren from the park   |
| Friday 29 <sup>th</sup> April | 10.00 am Spring watch at Red Cow Cottage. Visit to Blewbury park (weather permitting) pm. Home drop off.  |
| Sat 30 <sup>th</sup> April    | Year Six to Village Fabrics for a sewing workshop. Meet at 10.00 am in Wallingford.   |
|                               | Bank Holiday weekend☺   |
| Tues 3 <sup>rd</sup> May      | Tuesday Trading   |
|                               | 2.45 pm '31 Days in May' Library Challenge begins. Parents welcome to join us at Cholsey Library for the Children's Reading launch.   |

Three cheers to the 10K team, and all those who helped to make this year's event such a tremendous success...hip hip, hurray!



# Going for Gold!

## Keeping you in the Loop - Modern Life and the Impact on children

There is no doubt that bringing up children in today's world is a challenge. With so much advice now available from a range of experts, and many years of research into the effects of modern life on child development to draw upon, one can end up feeling overwhelmed and inadequate.

Over the next few weeks, drawing on the work of highly regarded educationalist Sue Palmer, I will share some useful information and practical strategies that will hopefully be of help to us all. After a busy week, I thought it might be wise to start with sleep.

Evidence shows that night time sleep is just as important as healthy eating and exercise for children to develop. Those who don't get enough sleep are more likely to be overweight or obese because they tend to crave and eat sugary or starchy food during the day to give them the energy to stay awake. Furthermore, getting enough sleep is essential for the brain to develop effectively.

The key to how much is enough sleep for a child, is if they get up fairly easily in the morning, alert and happy, and can concentrate well for most of the day. Whilst there are guidelines recommending how much sleep children of different ages should be getting, ranging from 11 hours per night for children aged five, to 9.5 hours for 11 year olds, all children are different so you will need to decide for yourself just how much sleep your child needs to function well. If your child often seems irritable and overactive, seeks constant stimulation and doesn't concentrate well, the chances are that they are persistently sleep-deprived.

Children need to be stimulated but also need 'shut down time'. Balance between the two is important. If a child is overstimulated and always on the go, they will find it difficult to relax and switch -off. On the other hand, children who don't have enough stimulation become used to it and may not feel motivated for learning.

A good bedtime routine, with consistent boundaries and expectations, is the key to success. We would be interested in any tips or strategies that you have developed to help your children get a good night's sleep, or indeed in any problems that you are experiencing regarding your children's sleep patterns or bedtime routines.

## Looking for something to do?

Go for a cycle ride, or trip to the park, showing your parents what you have learned this week.

### Trees

Try a three letter word chain eg. bat, mat, fat, cat. How many words can you make by changing the initial letter?

Can you spot any 'terrible teens' (numbers 13 - 19)? How many tens and how many units do they have?

### New Houses

Please practise your handwriting every day.

Check through your learning log and respond to any comments. How about making an entry about our visit to Tiggywinkles?

### Year Sixes

Reread the Census data to see what you can learn about each family. Record your findings in an interesting way.

Practise your Take Five sheet, starting in a place that you have never started before!

## Treehouse Wildlife Photography Competition

We are looking forward to seeing your wildlife photographs on Monday. You may wish to include a caption, and to think about how you will present your photographs as well. The winning photographs will be made into cards for others to enjoy.

## The Golden Greens!

200 rocket lettuce seeds have now been planted according to strict guidelines thanks to Emma and Owen. We will be observing them closely over the next five weeks to see which seeds we think may have spent time in the International Space Station...