

# THE TREEHOUSE SCHOOL UPDATE

Issue 148  
April 2016



The Treehouse School

Harry studying the rocket seedlings on day ten of our 'Rocket Seed Science' experiment



## Photography Competition

Dear Lee, Shaz and the Gang,  
What a wonderful display of photographs this morning and a great variety of subjects, well done to you all.

The Flower Show photography letter this year is "I". The very first word that came to mind when I saw the picture of the turkey was iridescent. So there you are, the first entry! Gilly (If you missed the competition, photographs will be on display in the study)

## Treehouse Parents

Please join us if you can, on your bike, for our final cycle session on Weds 10<sup>th</sup> May pm (New Houses) and Thursday 12<sup>th</sup> May pm (Year six/Trees)

## 31 Days in May - A Month of Events at Cholsey Community Library

We hope that parents will be able to attend the 'New Children's Book and Reading Challenge Launch' at the library on Tuesday (3<sup>rd</sup> May) at 2.15 pm. This is a great opportunity to motivate the more reluctant readers within The Gang into getting stuck into some good books. Hope to see you all there.

## Child mental health crisis 'worse than suspected'

An article in The Guardian this week states that the crisis in children's mental health is far worse than most people suspect, and an average of three children in every class in the UK now have a mental illness.

Natasha Devon was appointed by the government to look into young people's mental health; she is due to deliver her report later this year, and some of it may be uncomfortable reading - in particular her criticism of the academic pressures on young people as a result of the testing regime.

Devon states: "At one end of the scale we've got four-year-olds being tested, at the other end of the scale we've got teenagers leaving school and facing the prospect of leaving university with record amounts of debt. Anxiety is the fastest growing illness in under 21s. These things are not a coincidence."

This week I bumped into a highly respected headteacher who had resigned unexpectedly, that day, after forty years of service. She had decided enough was enough after discovering a seven year old, crying in her school, which incidentally is situated in one of the most deprived parts of Oxfordshire, because he couldn't remember what a superlative was. What a sad story.

## Dates for Your Diaries

Sat 30 <sup>th</sup> May	10.00 – 12.00 Village Fabric Sewing Workshop
Monday 2 <sup>nd</sup> May	Bank Holiday 12.30pm Picnic and rounder's match in the park, weather permitting. Text Karen Endean on 07738006953 if you are interested.
Tuesday 3 <sup>rd</sup> May	8.45 am Treehouse Trading. 2.45 – 3.15 pm Library visit for parents and children. Please bring your library books back.
Weds 4 <sup>th</sup> March	2.45 pm – Day Centre visit. Please collect you child from the Day Centre at 3.15 pm.
Thurs 5 <sup>th</sup> March	1.00 – 5.00 pm Owen's Birthday Snake workshop (see over) at The Treehouse.
Friday 6 <sup>th</sup> May	.Happy Birthday (Big) Gracie! 12 today. Friday Forest: Lollington. Please bring your bikes.
Sun 7 <sup>th</sup> May	Happy Birthday Owen, 9 today! 10.00 – 4.00 pm Wallingford Car Rally/Treehouse Bike Sale.

**Congratulations Eddie, Georgina, Martha, Tess and Will for your stunning wildlife photographs, which The Wyatt brothers selected as their favourites.**



# Going for Gold!

## Keeping you in the Loop - Sleeping to Learn

When you learn something new, the best way to remember it is to sleep on it. That's because sleeping helps strengthen memories you've formed throughout the day. It also helps to link new memories to earlier ones. You might even come up with creative new ideas while you slumber.

What happens to memories in your brain while you sleep? And how does lack of sleep affect your ability to learn and remember? A good night's sleep before learning helps prepare your brain for initial formation of memories and then, sleep after learning is essential to help save and cement that new information into the architecture of the brain, meaning that you're less likely to forget it. While sleeping, your brain cycles through different phases of sleep, including light sleep, deep sleep, and rapid eye movement (REM) sleep, when dreaming often occurs. The cycles repeat about every 90 minutes. The non-REM stages of sleep seem to prime the brain for good learning the next day. If you haven't slept well or have a broken night's sleep, the ability to learn new things could drop by up to 40%.

While awake, we accumulate many memories, moment by moment. Most will be forgotten during the day because when we first form memories, they're in a very raw and fragile form. But when you doze off the brain goes back through recent memories and decides both what to keep and what not to keep. Memories seem to become more stable in the brain during the deep stages of sleep. After that, REM—the most active stage of sleep—seems to play a role in linking together related memories, sometimes in unexpected ways. That's why a full night of sleep may help with problem-solving. REM sleep also helps you to process emotional memories, which can reduce the intensity of emotions.

For children and students the sleep you get the night after studying is at least as important as the sleep you get the night before you study. If your child/ren sleeps really well, and you have some hints and tips to share with other parents, please let us know. Alternatively, if your child/ren are experiencing problems either getting to sleep, or staying asleep, let us know and we'll see if we can help.

## Looking for something to do?

### Learner Smarties

Find out more about grass snakes and slow worms. Write some questions that you would like to find the answer to first, and then use the Internet or information books to find the answers. Create a quiz for The Gang based on your research.

### Body Smarties

Go for a cycle ride with an adult. Teach them everything that you have learned from Michael. How about including a 'slowest wins' bike race in the park!

### Houses

Please make sure that your Learning Log titles are complete by Wednesday 4<sup>th</sup> May.

### Practically Smarties

Make something to sell at Tuesday Trading next week.

### Number Smarties

Calculate the average sized head in your family. Let us know what it is!

### Rocket Lettuce Seed Update

Having found and dealt with the culprit that has been chomping its way through our lettuce seedlings, we hope that the back-up-beer-traps we have set will deter any prospective pests!

So far **78% of the seeds in the red packet** have germinated, and **57% of the seeds in the blue packet**.

Which seeds do you think may have visited space and why? Why not e-mail Owen your family's hypothesis.



### BE ORGANISED!

Please update your diary every weekend.

### An Invitation from Owen...

Please stay after school if you can on Thursday 5<sup>th</sup> for my birthday treat. We will be meeting and holding snakes if you want to.

If you would like, you can dress up as a snake or reptile on Thursday. Parents please collect your child/reptile from school at 5pm.

From Owen.



This week, a special mention to: Harry for his golden behaviour and attitude; and Jess, for some year six thinking!