

# THE TREEHOUSE SCHOOL UPDATE

Issue 149  
May 2016



The Treehouse School

## Lunch time at Lollington - By Tess



Wishing you a speedy recovery Paul (E) after your recent operation. We hope that you are on the mend.

### The Third Treehouse Bike Sale

It's not too late to buy or sell a secondhand bike, scooter or accessory (no cycle helmets thank you) at our bike sale this Sunday (8<sup>th</sup> May). The sale will take place at the Kinecroft from 10.00 am - 4.00 pm. Come and long and say hello if you're passing, we would love to see you.

**A BIG THANK YOU TO EVERYONE WHO CAME TO THE ROUNDERS MATCH ON MONDAY.**  
Love Samuel

### Leg It for the Treehouse - 2016

This year's **Leg It Challenge** will be held on **Sunday 5 June 2016**. The aim of the challenge is to get from Oxford to Cholsey using any sustainable means of transport - walk, run, cycle, scoot, boat, canoe, horse, unicycle!

The Challenge will start at 10am from the Head of the River Pub at Folly Bridge, Oxford and will finish at the Treehouse School, for a cream tea. Why not join us, or if you are an 'old hand' recruit a new family or friend. For more information, and please see our website.

### All Things Bright and Beautiful...

Chiff-chaff and chaffinch song, a busy robin, and a well-camouflaged cricket were just some of the wildlife that The Gang spotted during the first five minutes of our visit to Lollington yesterday.

Picture the scene: a group of us sitting on logs, enjoying a well-earned rest after cycling to one of our favourite spots, on a beautiful, spring morning. Bliss.

Later, the 'try-something-new' focus for the day led to some fire-related problem solving; chalk and charcoal based face-painting; and a member of The Gang initiating a game for the first time, amongst other things. Collaboration and communication were in abundance, with some highly skilled adults on hand to develop qualities and skills in individuals, or small groups of children on a needs-driven basis. How I wish that more children could experience this sort of education.

Last night I heard Education Secretary, Nicky Morgan justifying the Government's 'u' turn regarding the academisation of all schools in England, stating that the Government had listened to the public. Perhaps, like us, she should spend some time outside, watching and listening to children following their own interests. You never know, she might even like it!

### Dates for Your Diaries

<b>Sun 8<sup>th</sup> May</b>	10.00 – 4.00 pm Wallingford Car Rally/Treehouse Bike Sale.
<b>Mon 9<sup>th</sup> May</b>	Athletics and cycle races – please bring your bike and helmet to school.
<b>Tues 10<sup>th</sup> May</b>	Happy Birthday Eddie, Grace! 6 Today! Happy Birthday Kate R. 21 Today! 8.45 am Treehouse Swap Shop. New Houses cycling pm.
<b>Weds 11<sup>th</sup> May</b>	Food for Thought Networking Lunch at The Partridge Inn, Wallingford. 12- 2.00 pm.
<b>Thurs 12<sup>th</sup> May</b>	.Year Six and Trees cycling pm Please collect your child/ren from The Park.
<b>Friday 13<sup>th</sup> May</b>	Friday Forest – venue tbc.
<b>Mon 16<sup>th</sup> May</b>	Athletics and cycle races – please bring your bike and helmet to school.
<b>Tues 17<sup>th</sup> May</b>	8.45 am – Tuesday Trading
<b>Weds 18<sup>th</sup> May</b>	Happy Birthday Herb! 9 Today. Newbury Wolf Sanctuary Visit.

**Our last 'Food for Thought' Lunch will take place this Wednesday (11<sup>th</sup> May). Delicious food, good company and a great setting guaranteed! Book online.**



# Going for Gold!

## Keeping you in the Loop - Screen Time

“Screen time” is a term used for activities done in front of a screen, such as watching TV, working on a computer, or playing video games. Screen time is sedentary activity, meaning you are being physically inactive while sitting down. Very little energy is used during screen time. The average child in the UK spends about 3 hours a day watching TV. Added together, all types of screen time can total 5 to 7 hours a day. Too much screen time can:

- Make it hard for your child to sleep at night;
- Raise your child's risk of attention problems, anxiety, and depression;
- Raise your child's risk of gaining too much weight.

The current guidelines recommend that Children under the age of 2 should have no screen time, and those over that age are limited to no more than 1 to 2 hours a day. If you need to decrease screen time, try:

- Deciding which programs to watch ahead of time. Turn off the TV when those programs are over.
- Suggest other activities, such as family board games, puzzles, or going for a walk.
- Keep a record of how much time is spent in front of a screen. Try to spend the same amount of time being active.
- Challenge your family to go 1 week without watching TV or doing other screen-time activities. Find things to do with your time that get you moving and burning energy.

If you have any other good suggestions, please let us know and we'll share them.

## Looking for something to do?

### BE ORGANISED!

Read the Update and make a note of any relevant dates in your diary every weekend.

**Word Smarties:** How's your 31 Days in May Reading Challenge going? Why not enjoy a book or two over the weekend with your family or a sibling? Don't forget to make a note of it in your 'Reading Passport' (which should be kept in your Toughie and brought to school every day please).

### Self-Smarties

Please bring any Forest School kit that you took home back to The Treehouse on Monday, along with your water bottle and waterproofs. Thank you.



### Nature Smarties

Can you identify the fungus that we spotted at Lollington yesterday? Tess took a really clear photograph for us. Find out as much as you can about it and e-mail the rest of us. I wonder if it's poisonous.

Thank you Owen and Family for our fantastic ssssssnake workshop. Seeing and handling so many different species was a real treat (for some of us at least!).

### Picture Smarties

Try making your own paints from natural materials. Chalk and charcoal make great face paints! Can you create any other colours?



Plan Ahead... Don't forget it's Treehouse Swap Shop on Tuesday...what could you bring along?

This week, a special mention to: Herb (and expert editor Marina) for the first, updated edition of The Treehouse Telegraph