

Parents and Carers,

Another term and we have done so much already and there is still lots to look forward to. Thank you to everyone who was able to make it for Book and Biscuit afternoon. It was lovely to see so many smiling faces sharing a story without the pressures of every day life. Community Litter Picking was a huge success and lots of litter was collected. Working with the local community is important to us as a school.

As always, if you have any questions or queries, you can find me on the gate each day, message on dojo or send an email to [enquires@bingham-cit.co.uk](mailto:enquires@bingham-cit.co.uk).

Mrs Pask- 24.04.26

# 1.

## BOOK AND BISCUIT



We are all so busy and life can sometimes take over. Book and Biscuit was a chance to relax, share a story together and enjoy a biscuit or two.



3

## ROBIN CLASS (EYFS)



EYFS have been looking at the UK on a map and looking at caterpillars ready to watch them become butterflies.

4

## SWAN CLASS (YEAR 1)

Year 1 have been busy writing an end to a story in English and looking at road safety in PSHE.



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# 5

## BARN OWL CLASS (YEAR 2)

Year 2 have looked at Mass in Maths and also Net and Ball in PE. The pupils have also worked hard on using pre cursive handwriting in class



# 6

## COMMUNITY LITTER PICK

What better way to celebrate St George's Day than to come together and work together as a community to litter pick. It was a huge success and a lot of litter was collected.



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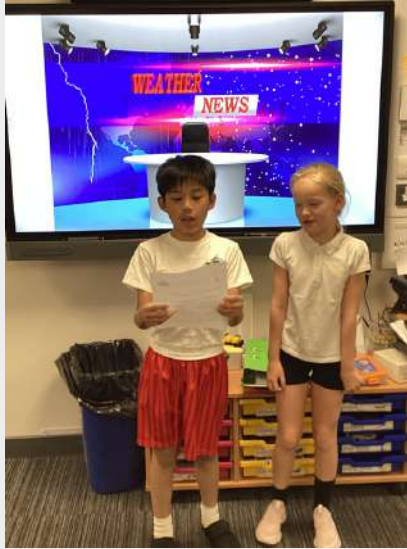
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# 7

## KINGFISHER CLASS (YEAR 3&4)

Year 3 and 4 have been looking at the weather in Geography and then presented a weather forecast to the class.



# 8

## STARLING CLASS (YEAR 5&6)

Year 5 and 6 have had their first computing lesson using Crumbles and their first cricket lesson. Mr Marshall enjoyed helping!



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# DIARY DATES

## Last day of Summer Term 1

Last day of Summer Term 1 is Friday 22<sup>nd</sup> May. Pupils return to school on Monday 1<sup>st</sup> June 2026.

## Class photos- Monday 15<sup>th</sup> June

Please make sure your child has their full school uniform on this day.

## Sports Day- Tuesday 30<sup>th</sup> June

EYFS and KS1 Sports Day will be @ 9.30am on school field.

Year 3- Year 6 will be @ 2pm on the school field. This is weather permitted.

## Summer disco- Thursday 2<sup>nd</sup> July

EYFS, Year1 and Year 2 will be from 4.15-5.15pm and Year 3 to Year 6 will be 5.30pm-6.30pm. Tickets will be £2. This includes a drink and a packet of crisps.

## Year 5 & 6 Residential on 9<sup>th</sup> and 10<sup>th</sup> July

## Summer Fayre- Thursday 16<sup>th</sup> July

There will be lots of stalls outside (back of school) and these are to raise money for school funds. Please come and support us. Mr Blankley- Woods, Mrs Warriner and Mrs Pask will be there for splat the teacher!

## Y6 Leavers- Friday 17<sup>th</sup> July @ 5.30pm

There will be a leavers assembly followed by a BBQ and a water fight.

## KS2 Production- Monday 20<sup>th</sup> July @ 5pm and Tuesday 21<sup>st</sup> July @ 9.30am

Pupils will be performing their Summer production for you to watch. Tickets will be available nearer the time @ £2.

## EYFS Reptiles- Tuesday 21<sup>st</sup> July 2026

EYFS pupils will experience a range of reptiles visiting us at Bingham.

## Family Picnic on last day of term- Thursday 23<sup>d</sup> July @ 2.30pm

You are invited to come and enjoy the last hour of school with your child. Bring some picnic nibbles, a blanket and relax (hopefully with some sun)!

## End of term

The last day of term is Thursday 23<sup>rd</sup> July. Pupils return on Thursday September 3<sup>rd</sup>, 2026

Here are the diary dates for Summer Term 2. Term 1 dates were published in the last newsletter.

# 10 Top Tips for Parents and Educators

## STAYING SAFE IN HOT WEATHER

As temperatures rise, it's essential to take proactive steps to ensure children and young people stay safe and healthy. Hot weather can pose serious risks such as dehydration, heatstroke and sunburn. This guide provides practical tips for parents and teachers to protect children during sunnier spells, helping them enjoy the summer safely.

### 1 STAY HYDRATED

Ensure children drink plenty of water throughout the day, even if they don't feel thirsty. Encourage them to carry water bottles and take regular sips. It's better to drink small amounts to counteract the effects of sweating. Even if children replenish lost fluids with equal amounts of water, they may still be dehydrated due to salt lost from the body. Avoid sugary drinks and caffeine, which can contribute to dehydration.

### 2 APPLY SUNSCREEN

Use a broad-spectrum sunscreen with at least SPF 30 on all exposed skin and reapply every two hours or after swimming. Don't forget often-missed spots like the ears, back of the neck and tops of feet. Sunscreen needs around 20 to 30 minutes to be absorbed by the skin, so make sure you leave plenty of time to apply it.

### 3 WEAR PROTECTIVE CLOTHING

Dress children in light-coloured, loose-fitting clothing made from breathable fabrics like cotton. Ideally clothing should cover as much skin as possible. Shoulders should always be covered as they can easily burn. Wide-brimmed hats and sunglasses with UV protection are also essential to shield them from the sun. Be sure to check your school's dress policy, as uniform rules may be relaxed during amber or red Heat Health Alerts (HHAs).

### 4 SEEK SHADE

Covering up and seeking shade are the most important sun protection measures. Encourage children to play in shaded areas, especially during peak sun intensity between the hours of 11 a.m. and 3 p.m. Use umbrellas or canopies if natural shade is unavailable.

### 5 AVOID STRENUOUS ACTIVITIES

Children shouldn't take part in vigorous physical activities in very hot weather. Limit these during the warmest parts of the day. Schedule any outdoor games or sports for early morning or late afternoon when it's slightly cooler.

### 6 KEEP COOL INDOORS

If it's safe and appropriate, open windows early in the morning to allow stored heat to escape from the building. Use fans or air conditioning to maintain a cool indoor environment. Close curtains or blinds to block direct sunlight. Switch off electrical equipment like computers, monitors and printers when not in use; don't leave them in 'standby mode' as this still generates heat.

### 7 TAKE COOL BATHS OR SHOWERS

Encourage children to take cool baths or showers to lower their body temperature. Alternatively, use damp cloths on their skin to provide relief from the heat. When heading out of the house, consider filling up a spray bottle to cool everyone down on the go.

### 8 MONITOR FOR SIGNS OF ILLNESS

If sensible precautions are taken, children are unlikely to be seriously affected by hot conditions – but teachers, assistants, school nurses and all child carers should watch for symptoms of heat exhaustion, such as heavy sweating, weakness, dizziness, nausea or fainting. If any signs are present, move the child to a cool place, make sure they drink some water, and seek medical advice if needed.

### 9 MAINTAIN A COOL SLEEPING ENVIRONMENT

Ensure children's bedrooms stay cool by using fans or air conditioning. Use lightweight bedding and consider letting them sleep in the coolest part of the house. Older children can have more choice over what they wear to bed. Some children may prefer to sleep without pyjamas, while some may prefer to opt for a light cotton t-shirt and shorts.

### 10 EDUCATE CHILDREN ON SUN SAFETY

Teach children the importance of sun safety and encourage them to take responsibility for their health. Explain the risks of sunburn and heatstroke and the value of following these safety tips.

## Meet Our Expert

James Whelan is an experienced health and safety expert who is a Chartered Member of the Institution of Occupational Safety and Health. He provides services to educational settings (and other industries) to help them maintain a safe working environment.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: [staying-safe-in-hot-weather](https://nationalcollege.com/staying-safe-in-hot-weather)

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