



# Burton Buzz

## Celebrating pride in our achievements

What a fantastic half term we have had at Burton End. One of the best things about being the Headteacher of this school is the joy that I observe multiple times a day as we support your children with their learning and development. The smiles on their faces and the pride they show in their achievements is wonderful. At the start of this half term, in assembly we thought about our long term ambitions and the goals that we could set for ourselves to take a step closer to achieving these. We reflected upon this during our celebration assembly today-every single child has something they can be proud of this half term and I invite you to share and celebrate this with your child.

We are really looking forward to seeing you at our upcoming parents evenings.

*Kelly Mace - Headteacher*

## Have a lovely half-term break

### Parent/teacher consultations

Bookings close at 3pm on Friday 20<sup>th</sup> February.

#### How to book a parent/teacher consultation



- Log into your Arbor account
- Child's dashboard will appear
- Scroll down to 'Guardian Consultations'
- Select date (please only book one date)
- Book time slot

### How to book parents' evening

### House point winners

House point winners for the half term ....

# Nightingale House



### Well done Nightingale House

## Online Safety

This week at Burton End classes were exploring Online Safety! Navigating safe choices online can be really challenging for children and parents alike. Luckily there is some great advice and resources out there.

### 5 top tips to balance screen time

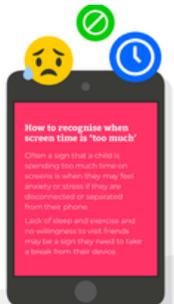
- 1 Set rules on the use of screens in and out of the home**  
Create a family agreement together to manage expectations of how screens and online platforms should be used and why. Set rules to meet the needs of each child based on their use, interest and engagement of screens and consider how screen time can complement what they do offline. Make sure to stick to the rules and model the behaviour you'd like to follow to make it a success. It's a good idea to review the rules as children grow and become more active online. For younger children, it's important to prioritise face-to-face interactions and apps that encourage active play to support their development of language and other skills.

- 2 Make family time and sleep a priority over screens**  
By creating device free zones at meal times and around the home and making use of tools to set limits on when screens can be used, you can improve family interactions and reduce interruptions to children's bedtime routine. Experts recommend switching off screens at least an hour before bedtime to give young children time to wind down.
- 3 Play, watch and discover together**  
As young children take their first digital footsteps, play, watch and discover together to stay engaged in what they are doing and create spaces to talk about what they enjoy and how to stay safe. This will help them feel more confident to come to you if they get stuck or see something that makes them feel uncomfortable. It's also important to stay calm and not overreact when children tell you what has gone wrong.



**4 Take the lead when choosing what they see and do on screens**  
Together find age-appropriate apps, websites and games that will give your child a way to explore their passions, enhance their skills while building their confidence in navigating the online world. Be sure to make use of free tech tools on the apps and devices they use to create a safer space for them to explore online. Tools like Apple's Screen Time and Google's Digital Wellbeing dashboard can give you an overview of what they are spending their time on which you can use as a starting point to talk about ways to improve their screen use and protect their digital wellbeing.

**5 Set a good example with your own screen use**  
Children will tend to model their behaviour on you so if you encourage them to take breaks when on screen or leave devices out of the bedroom at night, they will follow your lead.



**How to recognise when screen time is 'too much'**  
Often a sign that a child is spending too much time on screens is when they may feel grumpy or irritable if they are disconnected or separated from their phone. Lack of sleep and exercise and not willingness to visit friends. If you notice any of these signs, it may be time to take a break from their device.



#### The truth about screen time

Not all screen time is created equal so it's important to encourage children to have a healthy balance between passive screen time (e.g. watching YouTube) and interactive screen time (e.g. creating content or playing games online). There is no safe level of screen time but it doesn't mean that all screen time is harmful. Lack of evidence has meant that experts have found it hard to recommend a cut-off for children's screen time levels. One size does not fit all when it comes to screen time - it's more about getting it right for your families needs.

Please see Dojo stories for links to more information or scan the QR code



## How to keep our children safe online

## Spotlight on our morning greeting

As Head Teacher it is important to me that as parents you know as much as possible about what the school day looks like for your child. Over the coming terms I am going to share with you different parts of the school day.

Today I am sharing with you our school wide approach to ensuring that children have a positive, settled and predictable start to the school day. Across the whole school, we begin our day with 'Morning Greeting'

This includes:

- Every child being individually greeted at the classroom door by a class adult
- Each greeting that is delivered in a way that is individual to the child; this can range from a simple hello, a high five, a fist pump and quiet smile, a wave, a compliment, recognition of an achievement from the previous day etc
- A 'soft start' to the school day for every child
- A calm environment with music playing
- An opportunity to talk through the timetable for the day, any changes to the usual routine and for the children to ask any questions that they have
- An opportunity for staff to support the children to check that they have the required uniform and equipment needed for the day ahead
- A check in using the zones of regulation
- A 'job' or 'activity' to do that is purposeful but low demand so that children can positively engage with learning independently.

This is a small but valuable part of our school day that we know has a significant impact on the children. Here are some photographs showing you what this looks like in the classrooms.



The different ways we support our children in the mornings

## Fortnightly Feel-Good - Why sleep matters

As posted recently, February is 'Children's Sleep Awareness Month' with this in mind our theme today is sleep.

We often focus on homework, activities, and nutrition—but one of the most powerful tools for our children's success is something simple: a good night's sleep. Sleep is not just rest; it is essential for healthy growth, learning, and emotional well-being.

### Why Sleep Matters:

Children are still developing physically and mentally. Quality sleep helps with:

- Brain development and memory - Sleep helps the brain organize and store what was learned during the day.
- Mood and behaviour - Well-rested children are generally more patient, focused, and emotionally balanced.
- Physical health - Sleep supports immune systems, growth, and energy levels.
- School performance - Students who get enough sleep often show better concentration and problem-solving skills in class.

Building a Healthy Night-time Routine:

A consistent bedtime routine signals to the body that it's time to wind down. Families can try:

- Set a regular bedtime and wake-up time, even on weekends.
- Limit screens (phones, tablets, TV) at least 30-60 minutes before bed.
- Create a calming routine such as reading a book, gentle stretching, or listening to quiet music.
- Prepare the sleep environment - keep the bedroom cool, dark, and quiet when possible.
- Encourage relaxation - deep breathing or quiet conversation can help children settle their thoughts.

### The Impact of a Good Night's Sleep:

When children consistently get enough rest, the benefits are noticeable:

- Improved attention and learning
- Better emotional regulation
- Increased energy for sports and play
- Stronger immune response
- Healthier long-term habits



Sleep is not a luxury—it is a foundation for success at school and at home. By helping children develop positive night-time routines now, parents give them a lifelong skill that supports both their health and their happiness.

If sleep is something you need advice and support with this site has lots of useful resources!

<https://www.suffolk.gov.uk/children-families-and-learning/pts/sleep>



Welcome to our first SEND Spotlight, where we aim to highlight some of the common difficulties children may experience at some point.

### Attention

A child's ability to focus on a task, listen, and filter out distractions. It develops gradually and can look different from child to child. This is something we all (including adults) struggle with from time-to-time!

<p><b>In school</b></p> 	<p>We use many strategies including short, clear instructions, visual timetables, movement breaks, and chunked activities to help children stay focused. Many classrooms also include quiet spaces or sensory tools to support concentration for those that need more help in this area.</p>
<p><b>At home</b></p> 	<p>To support the development of your child's attention, why not try the following:</p> <ul style="list-style-type: none"> <li>• Ensure instructions are short and simple</li> <li>• Use the child's name before you give an instruction</li> <li>• Ask children to repeat your given instruction to check for understanding</li> </ul>
<p><b>Useful links</b></p> 	<p><a href="https://cambspborochildrenshealth.nhs.uk/speech-language-and-communication/attention-and-listening-skills/">https://cambspborochildrenshealth.nhs.uk/speech-language-and-communication/attention-and-listening-skills/</a></p> <p><a href="https://childrenscommunitytherapies.uhb.nhs.uk/wp-content/uploads/SLT_Leaflet-Attention.pdf">https://childrenscommunitytherapies.uhb.nhs.uk/wp-content/uploads/SLT_Leaflet-Attention.pdf</a></p>

## Spotlight on Attention

### Mr Newman's Sporting Roundup....

**Football:** Year 6 purples played in a very close tense match against New Cangle just coming out the wrong side of a 2-1 scoreline. Year 5 yellows played in a tough game against the top team in the league but never stopped trying and battling. These experiences playing against Year 6 teams will be hugely beneficial when competing in the league next year. Well done to all pupils who have represented the school over the course of the season so far, we are the only two teams who have maximum fair play points for showing excellent sportsmanship across our games!



**Athletics:** Our year 6 athletes made the journey to Ipswich to take part in the Sportshall Athletics County Final! Out of 256 primary schools in the county we managed to make it to the top 12, which is an incredible achievement and something we can all be proud of. This was a tough event against some of the top young athletes in the area but the Burton End spirit never waivered and our children were an absolute credit to the school. We ended up finishing 12th overall (I think we will prefer to say 12th out of 256!) but it was certainly a memorable experience, well done to our Year 6's!

After the half term break, the weather should be improving, the days brighter and longer and there will be lots of sporting activities taking place. We are looking forward to returning well rested and ready to go again!

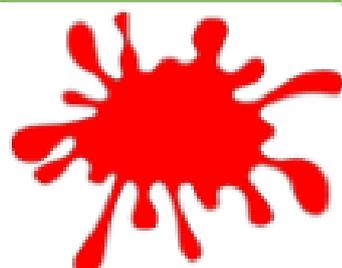
Well done to our Year 6 athletes and Football teams

# Mr Boddington



I am Acting Deputy Head Teacher at Burton End. As well as working at Burton End, I also support other schools in the trust with their phonics teaching and training new teachers – I love the variety of my job and getting the chance to work with so many different teachers and children.

I live with my wife, two children and my dog. We love going on adventures together, whether that is long dog walks, climbing or swimming.



My favourite colour



My favourite food



My favourite animal



My favourite books



My favourite drink



My favourite film



I like running (but need to do it more!)

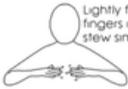


I love cooking



I love listening to music

# Makaton Signs of the Week

 <p>stew or casserole</p>	 <p>Lightly flickering fingers indicate stew simmering</p>	 <p>Widgit symbol</p>	 <p>lasagne</p>	 <p>Outline shape of lasagne</p>	 <p>Widgit symbol</p>
--	---	--	--	---	--

## Dairy Dates

### February 2026

Monday 23 <sup>rd</sup>	All day	Children return to school	All year groups
Tuesday 24 <sup>th</sup>	3:40-7:00pm	Parent/Teacher consultations	All year groups
Wednesday 25 <sup>th</sup>	3:40-6:00pm	Parent/Teacher consultations	All year groups
Thursday 26 <sup>th</sup>	3.30-6.00pm	Parent/Teacher consultation	Iceland class

### March 2026

Wednesday 4 <sup>th</sup>	3pm	Wow Wednesday	All year groups
Friday 20 <sup>th</sup>	2.30	Cornet performance - details to follow	Year 5
Friday 27 <sup>th</sup>	3:25	End of Spring term 2 - Easter Holidays	All Year groups

**BURTON END PRIMARY ACADEMY**

**Term Dates 2025-2026**

September 2025						
Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2025						
Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2025						
Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2025						
Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2026						
Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
6	7	8	9	10	11	
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2026						
Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March 2026						
Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2026						
Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2026						
Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2026						
Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2026						
Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Bank holidays ■ Staff PD Days (school closed to pupils) ■ School Holidays ■

**BURTON END PRIMARY ACADEMY**

# WOW WEDNESDAY!

**WELCOME TO OUR CLASSROOMS**

A monthly chance to come and visit your child's classroom to take part in an activity or see the excellent work they have been doing!

**3.00PM**  
**UNTIL THE END OF THE DAY**

**DATES**

4<sup>th</sup> March 2026  
20<sup>th</sup> May 2026  
17<sup>th</sup> June 2026

If you have more than one child in school we ask that you attend only one classroom per WOW Wednesday to allow us to make sure we can manage visitors in school in line with our safeguarding procedures. We have provided the dates so you can plan which child you will visit on which date.