



# Ditchheat Primary School

*Inspiring a Love of Learning for Life*

**Friday 10th October**



Dear Parents/ Carers

Thank you for supporting our Harvest Festival in church last Friday, it was a lovely occasion and the children all presented/ sang so clearly and confidently in church. Thank you for your generous donations of food – these have been taken to the Shepton Mallet Food bank and we have received thanks from them, as the need is high locally.

Holly class enjoyed a fun filled active day out at Carymoor, learning about the Stone age. They dressed up, went in the round house, played hunting games and made Stone age shelters.

Reception, Year 1 and Year 2 have enjoyed a day at the Rural Life Museum in Glastonbury, this week, to learn more about Farming in the Olden days. They made butter by hand, flailed the wheat and ground the seed to make flour, dressed in old-fashioned smocks and explored the museum to see old farming tools.

Next week, Willow class look forward to a visit to the Fleet Air Arm Museum near Ilminster, to learn about the history of the Royal Navy and their work in WW2.

Many thanks to Fods for supporting our trips this year – Fods help with the cost of transport, which enables us to take the children off site more often. We believe that these trip consolidate the children's learning, giving them real life and memorable experience- so valuable during Primary School years.

Thank you to Fods for organising the Colour Run - this raised over £1500 and will help towards resources, trips, music lessons and the other extra Fods help to fund for us. It was a great spectacle to watch and the children enjoyed the challenge and the mess of course! Thanks to the catering team from Fods too, who supplied hot dogs, cakes and other goodies afterwards.

Saturday was an exciting afternoon in Castle Cary, despite the high winds, as the local children prepared to take part in the Ann Hallett Children's carnival. The Ditchheat carnival team, lead by Miss Cook took on the 'Under the sea' theme with some stunning paper mache jelly fish and giant sharks and other sea creatures. They looked very colourful and enjoyed parading around the town, with lots of waving to the crowds! Well done to them all for representing the school.

Well done also to the football team, who played and won their match at Ansford and to the Cross Country team, who ran a gruelling long way at Millfield. Both sports teams supported each other and encouraged the younger participants nicely. This week, the basketball teams have played at Ansford Academy against other local primaries, lead by the Year 10 Ansford sports leaders.

We look forward to meeting with parents next week for Parent's evening. Please take a look at your child's books in their classrooms, while you wait for your appointment. Please can we ask you to be punctual for your appointment as the staff have lots of meetings.

Thank you for supporting your child's learning at Ditchheat.

Best wishes.

**Mrs Cosser and Mrs Bisset**

Colour Run. Well done to all the children who ran so brilliantly!

Thank you to FODS, especially Aimee Arthur for organising the event.



Please remember to book your lunches on Scopay

Year 3 and 4 Carymoor Stone age Trip- a fun, learning day for all.





## Wellbeing tip of the week

Autumn Treasure-

Autumn is a great time for getting out in the fresh air for a walk  
Can you find any treasure hidden under the fallen trees?

Conkers, acorns or pinecones



## Cross Country

A massive well done to everyone who took part in the cross country at Millfield.



Ansford Football Tournament  
A massive well done to  
our amazing football team –  
a great win.



## Harvest Festival

Well done to the children so speaking and singing so clearly in church.  
Thank you for all your kind donations- all to go to the Shepton mallet Food Bank



## Castle Cary Carnival



# Reception Year 1 and 2 Rural Life Museum Trip



# Children's eye health

Your child's sight is precious. Good vision helps them learn, play and communicate with the world around them.



Yet, there are more than a million children in the UK with undetected vision problems (source: Eye health UK)

Children's vision continues to develop until they reach the age of eight, so caring for a child's eyes in the early years can help lay the foundations for good vision that lasts a lifetime.

There are lots of simple things that you can do to help keep children's eyes healthy.

## Essential Eye Checks

Having regular sight tests as advised by your optician is a great place to start.

Sight tests will ensure any problems such as childhood conditions like squint and lazy eye (amblyopia), longsightedness (hypermetropia) or short sightedness (myopia) are picked up early.

The sooner problems are identified the better the treatment outcomes.

Remember sight tests are free on the NHS for all children under 16 years or 18 in education or training. If they require vision correction (glasses or contact lenses) you'll be entitled to an optical voucher towards the cost of this too!

In Somerset there is access to reception aged vision screening at school.



## Eat a rainbow

Eating a rainbow of colourful fruit and vegetables helps ensure young eyes get the nutrients they need to grow healthy.

Food like tomatoes, grapes and blueberries as well as fish, eggs and whole grains are packed with eye-friendly nutrients.



## Spend time outside

There is evidence that spending two hours or more a day outdoors can reduce the risk of myopia or shortsightedness, even if there is a history of the condition, so time spent outside can benefit your children in many ways.

Try walking to school, playing outside, sports, PE lessons or going for a bike or scooter ride.

## Cover up

It's really important to protect your eyes from the sun. When you're young the lens at the front of the eye is really clear so can let even more of the damaging sunlight in.



Protect children's eyes whenever the UV Index rises to three or more even on cloudy days and check that their sunglasses have a CE: UV 400 or British Standard Mark to ensure they provide the right level of UV protection.



A hat with a wide brim can also help protect against damaging UV.

Visit the [Met Office](#) website for information on UV levels.

## Limit use of screens

Children should be reminded to take regular breaks whenever they do any intense close work like using a screen or reading a book. There is some evidence that excess screen time can damage vision long term.



A good rule to follow is the 20, 20, 20 rule which suggests taking a break of at least 20 seconds, every 20 minutes and to look 20 feet (6 metres) away.

Teenagers viewing smart phones should hold the screen at least 30cms away from their face to avoid eye strain.

## Signs of reduced vision

It's often difficult to tell if your child is having problems with their eyes but some tell-tale signs that there could be something wrong include:

- struggling to recognise colours and shapes
- not showing any interest in learning to read
- complaining about headaches
- sitting very close to the TV.

If you recognise any of these symptoms you should arrange for your child to have a sight test.

Developed by the Orthoptic Team at Somerset NHS Foundation Trust and the Public Health Team at Somerset Council

