



Dear Parents,

Many thanks for your support last week with **World Book Week!** The children had a fantastic time- they loved the story that we based the week on- *The Day The Crayons Quit* and then writing their own letters to be compiled into a whole school book. Thank you for all your support in ensuring your child was dressed in the colour crayon of their class and to many of you for attending our reading morning on the Friday. Photos are on the website (via our Twitter feed in the bottom left corner of the home screen) but also dotted around this page. You can also read the book the whole school wrote in the parents section of our website.

Just before half term we asked **all children to fill in a questionnaire** about their thoughts about the school. The questionnaire results were very positive. Here are some of the main highlights:

- **95% of children say they enjoy school**
- **97% of children say they learn a lot in lessons**
- **95% of children say adults care about them**
- **99% of children feel that adults explain to them how to improve in their learning**

The full results are on our website, under the parents section. We also asked children about their **bed time routines** as teachers and Governors have noticed a lot of children seem to be yawning in school, and the results (below) are quite worrying:

- **20% of KS2 children go to bed after 9pm.**
- **Only 13% of KS1 and 24% of KS2 children read or have a story read to them at bedtime**
- **62% of KS1 and 51% of KS2 children go to bed with an ipad or the TV on**

There is a lot of good guidance from the NHS overleaf about how much sleep children need, the dangers of TV / ipads at bedtime and the importance of children reading or being read to everyday. We appreciate being a parent is a tough, demanding job but all parents need to ensure your child has healthy bed time routines. If you put the hard work in now you will reap the rewards later on in their lives when your children are teenagers! I hope you read the guidance carefully.

As parents will be aware, **Sarah Beach our deputy will be leaving us** in July and we have interviews next week for her replacement. Governors are very keen to ensure all the good work Sarah has done here is continued and built upon and will be involved in the selection process. More news to follow!

Lastly, we have some great news that **we have enough money for a new trim trail!** FOSTA have raised nearly half the amount, and Governors have pledged the other half. School Parliament have been involved in choosing the new equipment which includes a train and boat! We expect our new trim trail to be installed over the Easter holidays ready for the children to use in the Summer term.

Hopefully many parents will be reading this letter via **our new school APP**. If you haven't registered yet you should receive a link tomorrow by text message to get you set up.

Ben Arnell (Headteacher)



FORGIVENESS is our value of the month. We've defined it as *'letting someone say sorry if they've done something wrong, saying phrases like 'that's OK' or 'no problem' to show you've forgiven that person.'* Here are some of the ways we are suggesting to children that they can show **FORGIVENESS** at home to write in their values passport:

- Show **forgiveness** by accepting someone's apology even if they have hurt your feelings
- Show **forgiveness** by understanding that people can make mistakes and give them another chance
- Show **forgiveness** by not bearing a grudge against someone when they've done something wrong to you.

The **FORGIVENESS** badge was designed by **Lilly Beth Rhodes** in Malala Yousafzai class.





NHS guidance on sleep

Age	Hours Of Sleep
2 - 12 months	14 - 15
1 - 3 years	12 - 14
3 - 5 years	11 - 13
5 - 12 years	10 - 11

NHS guidance on using tablets / TV before bed

Tablets, smartphones and other electronic devices with self-luminous electronic displays have been shown to suppress melatonin at night.

This is an important sleep hormone that controls sleep and wake cycles (your circadian rhythms) and induces sleep.

Researchers found that children and teenagers who use mobile phones and tablets at bedtime are more than twice as likely to be getting too little sleep as those who don't.

Lack of sleep in adults and children can have far reaching health consequences. The suppression of melatonin and poor sleep can lead to an increased risk of cancer. It can also impair the immune system and may lead to other conditions such as type 2 diabetes, obesity and heart disease.

Importance of reading

Children who read for enjoyment every day not only perform better in reading tests than those who don ' t, but also develop a broader vocabulary, increased general knowledge and a better understanding of other cultures. Reading or being read to also:

- * Increases empathy
- * Improves relationships with others
- * Reduces symptoms of depression
- * Reduces risk of dementia in later life
- * Increases well being throughout life

PLEASE SEE OVERLEAF FOR NHS ADVICE ON BED TIME

improve the quality of their sleep.

For some children, irregular sleeping hours can be problematic. Setting a regular bedtime schedule can really help children get the right amount of sleep.

Find out how much sleep kids need.

It's important to devise a routine that works for you and your child, and to stick to it.

"Keep regular sleeping hours," says Jessica Alexander of The Sleep Council.

"A bedtime ritual teaches the brain to become familiar with sleep times and wake times," she says. "It programmes the brain and internal body clock to get used to a set routine."

Relaxation techniques to aid sleep

Winding down is a critical stage in preparing your child for bed. There are many ways for them to relax:

- A warm (not hot) bath will help their body to reach a temperature where it's most likely to rest.
- Relaxation exercises, such as light yoga stretches, will help to relax their muscles.
- Relaxation CDs work by relaxing the listener with carefully chosen words and gentle hypnotic music and sound effects.
- Reading a book or listening to the radio will relax their mind by distracting it from any worries or anxieties.

Avoid screens in the bedroom

The bedroom should be a relaxed environment. Experts say that bedrooms are strongly associated with sleep, but that certain things weaken the association. These include tablet computers, mobiles/smartphones, TVs and other electronic gadgets, light or noise, and a bad mattress or uncomfortable bed.

The light from screens can also affect how easily children get to sleep. Try to keep your child's bedroom a screen-free zone and get them to charge their phones and other devices downstairs. That way they won't be tempted to respond to friends getting in touch late in the evening.

Your child's bedroom

"It's important to create an environment that's favourable for sleep," says Alexander. "Keep the bedroom just for sleeping." The bedroom needs to be dark, quiet and tidy. It should smell fresh and be kept at a temperature of 18-24C. Jessica adds: "Fit some thick curtains. If there's noise outside, consider investing in double glazing or, for a cheaper option, earplugs."

Getting help with sleep problems

If you have tried these tips, but your child keeps having problems getting to sleep or sleeping through the night, you may feel you could do with more support. You can speak to your GP or health visitor about these worries. They may refer you to a child psychologist or another expert.