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Friday 26th March 2021

Dear All

Oh my goodness. There are many tired people in school this week.

I include myself in this, because my sleep patterns have been disrupted by the 'pandemonium'.

Usually, I sleep very well, but this past year my body has been on hyper-alert and so has my brain! Being hyper-vigilant is exhausting. Talking to staff members and children in school I am not alone in this. While this does make me feel a little better... I need my sleep! This week I've slept better and I think it's because I've banned myself from 'screens' of any type before bed and I've also started using breathing techniques. I've had two night's sleep without waking up at all. FABULOUUS!

If you need some help with sleep this is a good website to go to, even if you're not a child...

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

Healthy sleep tips for children

Sleep and tiredness

Tiredness and fatigue



Sleep tips



Children's sleep



Good sleep is important for your child's physical and mental wellbeing.

A relaxing bedtime routine is an important way to help your child get a good night's sleep.

Relaxation tips to help sleep

Doing the same relaxing things in the same order and at the same time each night helps promote good sleep:

- A warm (not hot) bath will help your child relax and get ready for sleep.
- Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.
- Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or read a story together.
- You could also suggest your child tries this [relaxing breathing exercise](#) before bed.

This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.

You will get the most benefit if you do it regularly, as part of your daily routine.

You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.

Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.

If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.

If you're sitting, place your arms on the chair arms.

If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.

- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- Keep doing this for 3 to 5 minutes.

The final total for Red Nose Day is £302.



Thank you very much for your generosity!

Next week ...

There has been a menu change for Thursday 1st April. Please see the new menu below.

Orange (main) - Baked fish fingers and chips, served with peas or baked beans.

Green (vegetarian) - Vegetable goujons and chips, served with peas or baked beans.

Blue – jacket potato with baked beans cheese or tuna mayo.

Next week ...

We break for the Easter holiday on Thursday 1st April at 3pm. Night Owls will still take place.



Woodpecker Class completed their sewing project this week. I love these colourful pencil cases because they are all so different! What careful stitching too.

Unfortunately Mrs Watkins has been off ill this week. We wish her a speedy recovery and we do miss her! If you need Mrs Watkins please contact the school office and Mrs Munt will be only too happy to help.

Kindest regards

Kay Bridson

