



Life in all its fullness

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Wednesday 26<sup>th</sup> May 2021

Dear All

I do hope you are managing to keep you head above water both literally and metaphorically! Let's hope Term 6 brings better weather. **We return to school on Monday 7<sup>th</sup> June 2021.**

We have some very tired children and staff in school currently. We have had a spate of children falling over because they are so tired, something to bear in mind over the holiday. Maintain bedtime routines even during the holiday. Routines are good for all of us and so is sleep! Sleep helps us to keep emotionally stable. Life has been unpredictable of late, so keep things as predictable as you can for your children.



## SLEEP

**All children thrive from routine and predictability...**remember sleep routines are crucial to good learning and indeed all round health and well-being!

Sleep is no less important than food, drink, or safety in the lives of children. Although this may seem apparent, many of us actually do not allow our children to get the critical sleep they need to develop and function properly.

It's certainly not something we do on purpose. In fact, we often don't think much of it, and that is the problem. With parents working long hours, schedules packed with school, after-school activities, and other lifestyle factors, bedtimes are pushed back, mornings start earlier and nights may be anything but peaceful. Going to bed a little late may not seem like a big deal, but it is. It all adds up, with consequences, which may last a lifetime.

To understand the critical nature of sleep to our children's growth and development, we need to understand more about what sleep does, what healthy sleep is, and what happens when children do not get either the right amount of sleep, the best quality sleep, or both. We also need to understand the role sleep plays in being alert or drowsy, stressed or relaxed, and how that in turn may affect temperament, learning, and social behaviour.

In his book '*Healthy Sleep Habits, Happy Child*', Marc Weissbluth writes,

*"Sleep is the power source that keeps your mind alert and calm. Every night and at every nap, sleep recharges the brain's battery. Sleeping well increases brainpower just as weight lifting builds stronger muscles, because sleeping well increases your attention span and allows you to be physically relaxed and mentally alert at the same time. Then you are at your personal best."*

The NHS website provides guidance on the amount of sleep required by different aged children.

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/>

**4 years:** night-time: 11 hours 30 minutes

**5 years:** night-time: 11 hours

**6 years:** night-time: 10 hours 45 minutes

**7 years:** night-time: 10 hours 30 minutes

**8 years:** night-time: 10 hours 15 minutes

**9 years:** night-time: 10 hours

**10 years:** night-time: 9 hours 45 minutes

**11 years:** night-time: 9 hours 30 minutes

**12 years:** night-time: 9 hours 15 minutes

**I am sure we have all felt the effects of disrupted sleep over the last year. Unfortunately being tired affects every child's (and adult's) ability to concentrate. It can also contribute to children feeling irritable or anxious.**

**Please help us by having conversations about sleep in your house-hold! Is enough sleep happening? If not please read this letter with them and change routines and timings so your child's brain benefits from critical sleep.**

For more information and useful hints for relaxation before bedtime and useful bedtime routines also go to <https://www.thechildrenssleepcharity.org.uk/leaflets.php>

Dates for your diary...

2021 – 2022 ACADEMIC YEAR (TERM 1)	
TEACHER DEVELOPMENT DAY 1	WEDNESDAY 01.09.21
CHILDREN START / BACK TO SCHOOL	THURSDAY 02.09.21



**Finally...**

Thank you to Mrs Coombes who has been working as a Teaching Assistant in Butterfly Class since January 2021. Mrs Coombes and her family are moving from the area, so we wish them happiness in their new home. We are sorry to see her go!

Congratulations... to Miss Robinson who is getting married at the weekend. She will return to us as Mrs Rudman after the holiday.

The teachers really enjoyed catching up with many of you recently, we hope to see you, in person, in school before too long! I do hope you found these sessions useful.

Bag2school raised £120.60 with 402Kg of clothes being collected. Well done and thank you!

Kindest regards

Kay Bridson

