



Stratford – Sub – Castle Church of England VC Primary School

Headteacher: Mrs Kay Bridson B.A (Hons) PGCE



Life in all its fullness

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Wednesday 30th September 2020

Dear All

Thank you for helping to make the mornings go smoothly. The afternoons are a little more 'clunky' and I would like to encourage everyone to keep to his or her time slots and leave as soon as possible, when possible!

I do hope you are back in the swing of things! A huge welcome to all our new families and I hope every-one is beginning to get used to our routines etc. The whole 'social distancing' thing makes long conversations at the beginning and the end of the day more difficult, so please contact the school office and a teacher or Mrs Watkins or myself will give you a call back as soon as we can.

Well done to all our children who are being incredibly sensible and have helped the school to run smoothly. The staggered play and lunchtimes are going well and it is great to see the play equipment back in action again!

Next a subject dear to my heart...

SLEEP

Because all children thrive from routine and predictability please also 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. As a matter of 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 few months. Unfortunately being tired affects every child's (and adult's) ability to concentrate. It can also contribute to children feeling irritable or anxious.

We shall be talking to all our children about the importance of sleep at various points during the year. 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.thechildrensleepcharity.org.uk/leaflets.php>

COMING SOON



This year Harvest Festival will not be taking place in the Church and we will not be collecting harvest gifts for the Trussell trust as we do normally.

Instead, we are holding assemblies, in school, during the last week of term. We are asking our children to draw a picture, make a card or write a letter to the shop workers, who kept the supermarkets and stores full of food and helped to make home deliveries over the last few months. We will also learn about where our food comes from and how it gets to our plate.

These cards, letters and pictures will be completed at school and we shall send them off to various shops during the October holiday. You do not need to do anything. However, if you would like to leave an item in the Trussell Trust collection box the next time you visit a super-market that would be super!

SCHOOL MEAL FUNDING

Thursday 1st October is an important day for our school meal funding. If we do not get 100% take up of the Universal Free School Meals (EYFS, Year1 and Year2) then the school has to fund the meals from our main budget. (The pot of money that pays for teachers, books and furniture etc!) **PLEASE can we have as many people as possible taking a meal on THURSDAY 1st OCTOBER as possible? Thank you!**

Menu for Thursday 1st October 2020

Orange - Tuna and sweetcorn pasta bake sweetcorn or baked beans
Green - Margherita pizza wedges sweetcorn or baked beans
Blue - Jacket cheese beans or tuna mayo
Dessert - Toffee ice cream or rocket ice lolly

OTHER DATES FOR YOUR DIARY IN OCTOBER

Governors' Report to Parents/FOSS AGM/~~Cheese and Wine~~

Monday 19th October 2020 @ 7pm in the school hall

This event will not take place in school this year. Both the Governing Body and FOSS will send home a written report. If you are very disappointed about the Cheese and Wine part of the evening please hold your own version at home!!!! (Obviously following all the C19 rules which apply currently)

Following the publication of the reports, you will be given a chance to comment, reply or ask questions!

Reminders and forewarnings!

- Please inform the office if your contact details change
- We break on **Wednesday 21.10.20** at 15:00 back to school on **Monday 02.11.20!**

- The school calendar has already been started for **2021/2022**. Here are the dates for the beginning of the academic year just in case you wish to book your summer holidays!

<u>Stratford-sub-Castle Primary School Calendar 2021/2022</u>	
Teacher Development Day 1	Wednesday 01.09.21
CHILDREN START/ BACK TO SCHOOL	THURSDAY 02.09.21

Time in school is precious and a lot is done in one week.

Please ensure that you only take family holidays during term time when there is absolutely no other option.

Once again thank you for all your co-operation in making things tick along!

Kindest regards

Kay Bridson