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SHORTSTOWN PRIMARY SCHOOL

NEWSLETTER

Friday 19th January 2018

Attendance Target: 98%

Actual Attendance: 96.9%

Message from Denise Cottam

We have already had two weeks, of a short five week term. The children have been working really hard on their topics. A group of children visited their local post office today and sent a marmalade sandwich to Paddington Bear, in Africa. They were very excited, a big thank to all of the staff at the post office who helped with this activity. There have been a number of children who are complaining of being tired. This can greatly affect their ability to focus on new learning, recall information and link understanding. In many children, tiredness results in behaviour issues, as they are more likely to be irritable and have less patience with the people around them. NHS UK have a wealth of information to support parents with children and teenagers, who are not getting enough sleep. We hope this may help. If you have tried these tips, but are still concerned, please come and speak with us and we will do our best to resolve the issues with you.

Healthy sleep tips for children

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

A relaxing bedtime routine is one important way to help your child get a good night's 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 try relaxing breathing exercise before bed.

The amount of sleep your child needs changes as they get older. A 5-year-old needs about 11 hours a night, for example, while a 9-year-old needs roughly 10 hours.

Avoid screens in the bedroom

Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep.

Older children may also stay up late or even wake in the middle of the night to use social media.

Try to keep your child's bedroom a screen-free zone, and get them to charge their phones in another room.

Encourage your child to stop using screens an hour before bedtime.

Your child's bedroom should ideally be dark, quiet and tidy. It should be well ventilated and kept at a temperature of about 18 to 24C. Fit some thick curtains to block out any daylight. If there's noise outside, consider investing in double glazing or, for a cheaper option, offer your child earplugs.

How to deal with sleep problems in young children, including refusing to go to bed and waking in the night

<https://www.nhs.uk/Livewell/Childrenssleep/Pages/bedtimeritual.aspx>

We are participating in the annual, National Sign to Sing' charity event, for hearing impaired awareness. The children will begin to learn their songs. We will be singing and signing on Friday 9th February.

Have a great weekend,
Onwards and upwards

Diary Dates

Monday 22nd January—Bikeability YR & Y1 Learn to Ride

Tuesday 23rd January—Bikeability YR & Y1 Learn to Ride

Friday 26th January—Year 5 Junior Police Squad

Friday 26th January—Bikeability Y3 & Y4 Level 1

Friday 26th January—PTA YR & Y1 Winter Blues Party 3.30pm - 4.45pm

For further dates and information please see the half term overview

School Mission Statement

Shortstown is an inclusive school which has a positive impact on children's life long learning and achievement, through high expectations, in a creative and motivating environment.

Be Happy, Safe and Learn