



Together We LEARN (Learning, Enjoyment, Achievement, Respect, No Negativity)

WEEKLY NEWSLETTER— 19th March 2021

Thank you!

The Nursery staff would like to thank all those parents that have sent in a photo of their child/children as a baby, for the 'Growth Topic'. Please can we ask that if you have not brought a photograph in yet, that you do so next week.

We would also like to say a big thank you to Mrs Crabtree, who brought a lamb into school this week for the children to see. They all had a wonderful time, learning lots of new facts and even getting to have a little cuddle.

Red Nose Day—19.03.21

The children have all had a fantastic day today, with lots of games, like pin the nose on the nose to win a nose and guess the name of the teddy and of course, the ever popular bake sale! Everyone really made an effort to find something red to wear and it was lovely to see so much fun and laughter. This afternoon we had the amazing 'Kettlesing's Got Talent' where we saw acts ranging from a magic show, some beautiful dancing, some amazing singers, some very funny jokes and as a very special treat at the end, we had 'Teacher's Rock' led by the ring mistress herself, Mrs Jackson-Ward. They performed a number from The Greatest Showman and had everyone up on their feet and dancing along. We may well be raffling off the video to the highest bidders next week!

Thank you to everyone that has donated cakes and buns today. It has been incredible to be able to have so much fun and to be able to raise some money for this very worthy cause. **We raised an amazing £103.66!**

Good Work Certificates go to...

Heidi, Samuel and Ellis, Mia P, Nell and Grace F

ATTENDANCE

	Snowy Owls	Kestrels	Red Kites
Week	100%	100%	98.38%
Year	98.86%	100%	99.96%

Each week we publish the attendance from September for each class. Our aspirational target for each class is 97%.

DATES FOR THE DIARY

DATE	EVENT
26.03.2021	School Closes for Easter
12.04.2021	Training Day—Sch closed
12-16.04.2021	School of the Week
13.04.2021	School re-opens

Stars of the Week

Rufus

For his enthusiasm and positive attitude in everything he does .

Oscar

For his determination during this week of NFERs

Mia G

For her amazing determination and sense of humour.



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WEEKLY NEWSLETTER— 12th March 2021

Safeguarding—The Importance of Sleep

What is the importance of good sleep?

A good night's sleep is essential to feeling good, being able to learn and staying healthy. A lack of sleep can:

Make you feel poorly, unable to learn and not want to go out with friends and family.
If you or your child is struggling to get a good night's sleep, follow these top tips:

- 1: Think about your bedtime routine—What time do you go to bed? If you are going to bed too late, you will not get enough sleep. Try bringing your bedtime forward by 20-30mins at a time.
- 2: Make sure you are tired before going to bed—the less time you have to spend awake in bed, the better.
- 3: Have at least 15mins of quiet time before going to sleep so that your body and brain can relax and prepare for sleep.
- 4: Don't use your phone or computer before bed—this can stimulate your brain and make it more awake.
- 5: Try having a lukewarm bath, as this can help your body to relax.
- 6: Try to go to bed at the same time every day once you have a settled routine.
- 7: Choose a relaxing activity before bed, such as reading, or listening to calm music.
- 8: Create a cosy environment. Is the room dark enough? Is the room the correct temperature? Not too hot, not too cold.

The amount of sleep that your child is recommended to have is based upon their age.
The NHS recommends the following:

Age:	Amount of sleep required:
5 years old	11 hours per night
6 years old	10 hrs 45mins
7 years old	10 hrs 30mins
8 years old	10hrs 15mins
9 years old	10hrs
10 years old	9hrs 45mins
11years old	9hrs 30mins
12 & 13 years old	9hrs 15mins

