

Meadowhead Community Junior School Newsletter



Summer Term: Newsletter 1

Return to work

I am now back in work full time as Headteacher at Meadowhead Juniors. I'd like to thank everyone for the warm welcomes that I received on my return to work. I missed everyone very much! I'd like to express my gratitude to Ms Blackledge for acting as Headteacher during my absence and also to the Local Authority who have provided school with a great deal of support. It is hugely appreciated.

Earth Day

On Monday 22nd April it is Earth day. Hopefully parents will have received an email with a poster explaining the event. The theme this year is People vs Plastics. Children have been asked to come in non-uniform (green and blue) for the price of £1. The money will go towards the Eco-Committee to buy litter-picking resources, hedgehog houses and bird feeders.

Each child has been asked to bring in an empty plastic bottle. The children will all plant sunflowers in them throughout the day.

The Eco-Committee have also suggested having an energy-free hour. This will happen between 2-3, where no computers, no lights.... no energy will be used! They are going to check the energy meter reading in the morning for an hour and check it during our energy-free hour to compare.

Please look at our website where there will be photos of our fun & informative day.

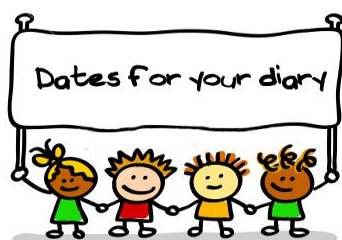
A big thank you to Mrs Livesey and the Eco-Committee for organising this.

After School Clubs

Mr Crowther will be leading a Cricket Club each Tuesday after school.

We also have a Laser Club taking place after school each Friday.

A big thank you to Mrs Lawton, Mrs Livesey and Mr Crowther for teaching Year 6 booster groups in maths after school. If your child has been offered a place, please make sure they attend each week. Thank you.



Monday 22nd April

Thursday 2nd May

Monday 6th May

Monday 13th May – Friday 17th May

Friday 24th May

Earth Day

INSET day (school closed to children)

Bank Holiday (school closed)

SATs for Year 6

End of term

Class Attendance for this week

Congratulations this week to class 5A

Green: 97%+

Amber: 95 – 97%

Red: Below 95%

3M	3FP	4B	4CW	5A	5C	6L	6LV
87.5%	93%	90%	90.3%	97.2%	95.7%	95.8%	96.2%

Our whole school, class and individual attendance target is 95%

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

Wake-Up Wednesdays

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!