



SLIMBRIDGE

primary school

Newsletter 11—09.03.17

Dear Parents and Carers,

We recently conducted a survey of our older children, asking the number of hours they spent everyday watching the TV, playing on tablets or other games devices. Their answers demonstrated a dramatic change in children's lives over the last 15 years.

Our concern was less about the children's use of the internet, although we have to be vigilant about what they are viewing and who they are communicating with, but rather the length of 'screen' time and the impact this had on the children's ability to sleep. We are becoming increasingly concerned about the number of children coming to school tired and saying they don't sleep well.

There was a very interesting BBC documentary on sleep on Monday, I have summarised some of the key points.

1. 4-5 year olds need between 10—13 hours sleep.
2. 6-11 year olds need 9-11 hours sleep.
3. We all need to maintain a regular routine, if we change our routine over the weekend it can disrupt our body clock and result in disturbed sleep.
4. Avoid sugary drinks at bedtime as they result in a sugar high stopping us dropping off.
5. Physical exercise 2 hours before bedtime can help make us sleepy.
6. Turn off screens an hour before sleep time and change the colour settings to 'yellow or warm' to avoid the stimulus of blue light.

Not enough sleep means we aren't able to consolidate factual memories or process emotions we experienced that day. This has a huge impact on the children's ability to learn and develop both academically and emotionally/socially.

I know bedtimes can be a difficult time of the day and some children really don't seem like they will ever get into a routine—I know I've been there. However, ensuring the children get enough sleep is the best thing we can do to help their learning

Regards
Alison Cooke

IMPORTANT DATES.

Monday 13th March—Year 4 to a safeguarding play at N Nibley

Wednesday 22nd March—reading workshop for Class 1 & 2 parents

Friday 24th March— **COMIC RELIEF TALENT SHOW**
No Share Assembly

W/B 27th March OPEN CLASSROOM sessions at 2.30pm

Friday 7th April—Easter Celebration.

Sunday 2nd April—The FoSS Easter Egg Hunt in Rosie's Wood Slimbridge.

Monday 24th April—start of term 5

+ 2017 Reception places allocated.

+ Redwood visit for Class 1

Monday 1st May—Reception Dental checks

Monday 8th May—Redwood visit Class 3

Friday Assemblies.

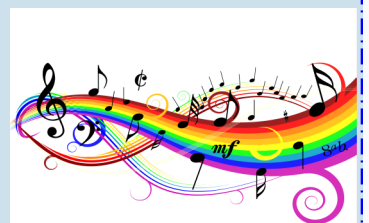
Friday 10th March— Perseverance

Friday 17th March- Ukuleles

Friday 24th March- NO assembly. Comic Relief Talent Show

Friday 31st March- Orchestra

Friday 7th April-Easter Celebration at the Church



Children's safety.

The playground play equipment is not to be used before or after school. Our insurance doesn't cover injury to children when not in the care of a member of staff.

I appreciate your support in this matter.

On-line Safety.

Keeping children safe whilst playing on-line has never been a bigger concern. If you have any worries please contact the school

For some useful site to find out more about on line safety, try searching for:

- Childnet international
- UK Safer Internet Centre
- Safer internet safety tools

More information is available on the school website

Children Section

Five Top play ideas for this weekend.

1. Egg box art—make your own characters
2. Sock puppet—can you write your own play?
3. Plate gardens—use anything you can find outside (ask first!)
4. Make a pretend rocket—where will you go?
5. Find a friend and organise some races—what about leap-frog?