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Dear Parents/Carers,

Following on from our most recent newsletter I thought we would take the opportunity to revisit some school policies so there is clarity around expectations and to ensure we are all working together to support the best interests of children in school to ensure they reach their full potential.

Traffic Light Trackers

Please note traffic light trackers will be going out on Tuesday 11th February before the half term break. We will be contacting parents of children with three or more reds to set up a meeting to see how we can work together to ensure children make improvements across the next half term and ensure continued home/school support. We need to work together to ensure all children reach their full potential.

Sleep

Sleep is extremely important to support children's development both physically and mentally. Establishing good sleep patterns can help children to meet their full potential. A number of staff have recently raised concerns about the number of children who regularly present as very tired and lethargic without any underlying medical condition. If you need help and advice around sleep please let us know and we can put you in touch with our school nurse. The Sleep Council offers the following advice for parents:

Sleep is essential to support children's development. Well rested children are more able to meet their full potential in every aspect of their lives. Listed below are just a few of the symptoms of sleep deprivation in children:

- * Growth or hormone issues
- * Concentration difficulties
- * Mental health issues
- * Lowering of the immune system
- * Hyperactivity
- * Weight gain
- * Behavioural issues

Children around the age of four to six years old need between 10.5 and 11.5 hours of sleep on average. And as they move through school they are likely to need around 10 hours each night.

Tips for devising a bedtime routine:

- * Make sure bedtime is realistic, if your child isn't falling asleep until 11pm there is no point starting a routine at 6pm
- * Turn all screens off in the hour before bedtime

- * Dim the lights, close the curtains if needs be and create some darkness to help to promote the melatonin (sleep hormone) production
- * Offer quiet activities that are motivating to your child. Fine motor skill activities are perfect to aid relaxation eg jigsaws, colouring in, threading, building with bricks etc.
- * Consider introducing supper time. Slow releasing carbohydrates are great for keeping little tummies full. Dairy products are also very calming at night time. Avoid anything sugar loaded or containing caffeine
- * Baths are great if your child finds them relaxing. If however they are fearful of them or get overexcited they may not help in the bedtime routine. Ideally a bath should take place 30 minutes before bedtime as this aids relaxation by increasing the body temperature. It is the slow decrease in body temperature that helps us to feel more relaxed and nod off more easily
- * Get ready for bed in the same order - for example, pyjamas on, tooth brushing, toilet
- * Once in bed spend some time reading a bedtime story with your child
- * Give hugs and kisses and tell your child 'it's night time, go to sleep'
- * Wake them up at the same time each morning to help to strengthen their body clock

Jewelry

In terms of jewelry an increasing number of children are coming into school wearing rings, necklaces and earrings. This poses numerous risks to children especially in PE or on the yard. Please note the only item of jewelry allowed in school is a watch. Please note **Smart watches are not allowed** for safeguarding reasons as they operate in the same way as mobile phones. Any mobile phones brought into school must be left in the school office for safekeeping and collected at the end of the day.

Friday PE Kit

Please note that Friday is not a non-uniform day it is a PE Kit day and as such children should come into school in a pair of black joggers, white T shirt and plain black hoodie. If children do not have plain black hoodies please can they wear their school jumper. A number of children are coming in wearing non-uniform and the purpose of children wearing PE kit is to enable them to take part in all activities without needing to get changed.

Thank you for your continued support. Should you require any further information in relation to the above please do not hesitate to contact us.

Yours sincerely,
Louise Templeton
Executive Headteacher