

Monday 27th January 2025

Our half term Core Value is **Aspiration**



Snowdrop water colours and magical music

Firstly, thank you to parents, children and staff this morning for getting into school safely despite heavy rainfall and localised flooding. We have been able to fully open and thank our school community for helping this happen.

Last week in Acorn Class, children have been taking inspiration from the snowdrops which are growing at school. They have produced some beautiful drawings and water colours

On Friday last week, children in Year 5 & 6 were treated to a virtuoso performance by the Bristol Ensemble at Norton Village Hall. Children listened to music from Vivaldi's Four Seasons and musicians spoke about their instruments including the cello which provided the 'harmony' to glue the piece of music together.



Finally, the Parent Coffee and Catch Up which was due to be held this Wednesday in Chiselborough is postponed. We will rearrange with a view to holding this at the school in the coming weeks.

Wishing you all a good week. Mr Caswell

Upcoming Dates

Fridays until 28th March - Year 3 & 4 swimming

Wednesday 29th January - Parent Coffee and Catch up at Chiselborough Village Hall **Postponed**

Monday 10th February - Cross Country Bucklers Mead

Tuesday 11th February - PFA Big Breakfast

Friday 14th February - Non-school uniform day

Friday 14th February (2.45pm) - Awards Assembly

Monday 24th February - First day back for children

Monday 26th February - Acorn Class trip to Carymoor

Keep an eye out for other dates soon (other PFA dates and trips)

Wraparound Care

Early Bird Club every day from 8.25am

Monday, Tuesday and Thursday options available via ParentPay

www.nortonandwestchinnockschoools.co.uk

enquiries@nshwc.bwmat.org

01935 350232



This week we explore support for sleep

That elusive yet vital human need that is linked to so many areas of health and wellbeing. How much sleep you or your child is getting can become a key concern for parents.

The National Sleep Foundation (2014) recommends that children get the following amount of sleep:

- Newborns 0-3 months = 14-17 hours
- Infants 4-11 months = 12-15 hours
- Toddlers 1-3 years = 11-14 hours
- Preschoolers 3-5 years = 10-13 hours
- School-aged children 5-10 years = 9-11 hours
- Teenagers aged 10-17 years = 8-10 hours
- Younger adults aged 18-25 = 7-9 hours

However, this can often seem hard to achieve, and the knock-on effect of sleep quality for parents, can be exhausting. Sleep deprivation in children can cause increased hyperactivity and other behavioural problems.

The Sleep Charity states that poor sleep habits from an early age can lead to long term sleep problems.



Sleep tips for children

There are a number of tips and ideas that may help your child sleep better, which can help the whole family feel better. The National Health Service (NHS, 2021) suggest the following ideas for supporting sleep in children. You can use this as a checklist of things to remember before bedtime or a list to record what works for your child.

- Have a clear bedtime routine – having a story, bath, cuddle together then bed.
- Set consistent sleep and wake times and stick to these for all 7 days of the week.
- 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 tries this [relaxing breathing exercise](#) before bed.



Sleep tips for children continued

- Try to keep your child's bedroom a screen-free zone and get them to charge their phones in another room or downstairs.
- Your child's bedroom should ideally be dark, quiet and tidy. It should be well ventilated and kept at a temperature of about 16 to 20C.
- 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.
- Give your child some time earlier in the day to talk through any worries they have or thoughts they want to share about their day. Try to keep any talk about worries separate to bedtime/ sleeping space.



Reflective questions

- What worked well?
- What will you keep the same?
- What needs to be changed?
- What could you try instead?

Video Links

If you would like more information or support about how to support good sleep habits, you may find the following useful:



- [Home - The Sleep Charity](#)
- [Home - The Sleep Council](#)
- [Healthy sleep tips for children - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Remember you can get in touch with requests for this support section via the school office:

enquiries@nshwc.bwmat.org

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