



## **EASTER BONNET PARADE - FRIDAY 7<sup>TH</sup> 2.15**

Please join us in the playground for our annual Easter Bonnet parade in the playground – weather permitting. Children will be making bonnets in school but please do feel free to make hats at home with your children. We look forward to seeing you then.

**THANK-YOU TO THE WHOLE SCHOOL  
FOR RAISING £1,216.65 ON RED NOSE DAY  
- WHAT A BRILLIANT EFFORT THAT SAYS SO  
MUCH ABOUT OUR COMMUNITY!**

## **THE NEED FOR SLEEP**

You might have seen items in the news recently about how much sleep children need; for those of you who may have missed it, I think it is important to share this information. **Research shows that children of primary school age usually need between 9 and 11 hours sleep each night.** Although some children can get by on seven or eight hours this is not particularly common. Essentially, if your child finds it hard to wake up in the morning then they are probably not getting enough sleep.

### **Why is sleep so important for children?**

- i) Firstly, children who have not had enough sleep find it harder to concentrate in class which makes learning more difficult than it needs to be.
- ii) Secondly, the brain needs time to move events of the day into its long term memory – when children do not have enough sleep they learn less well because new information is not saved properly. The more sleep children get, the more time there is for sleep to cause the changes needed to store the day's learning in the "brain's hard drive."

### **What might be preventing good sleeping patterns?**

**Just like adults, children should not be using any electronic devices in the hour before they go to bed.** The blue light that is emitted by mobile phones, tablets and televisions restricts the production of melatonin, the hormone that controls our sleep / wake cycle. This makes it harder to fall asleep and stay asleep.

It appears that a majority of children in school have access to a phone, TV or tablet directly before bed. I have talked to the children about this in assemblies and will continue to do so; please do think seriously about this. The world has changed so much in the past twenty years and I firmly believe in using technology to make our lives better but, as the saying goes, there's a time and place for everything so please do consider limiting screen use before bedtime for your children and, dare I say it, yourselves. I include myself in this!!

With Best Wishes

Richard Stone  
Headteacher