



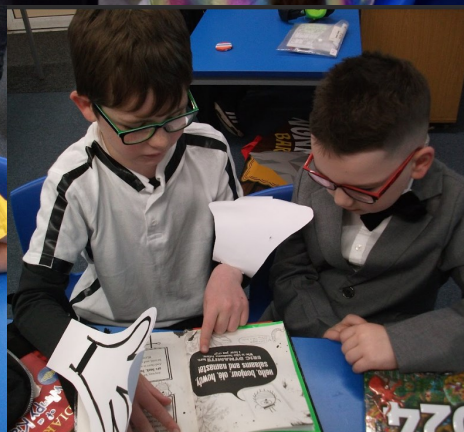
UPDATE

Bon voyage to our Year 6 children and staff who are going to Grenville House on Monday. I am sure that they will have an amazing time. Have a lovely weekend.

WORLD BOOK DAY

MRS MAHER

I wanted to say a big thank you to Mrs Maher, who retired just before half-term. Carole has been a brilliant HLTA (Higher Level Teaching Assistant) and has supported the children at Hayward's in so many different ways. We will miss Carole and want to wish her the best wishes for her retirement.



We celebrated World Book Day a week early, in order to include Year 6 who are off on residential next week.

We had a wonderful day; dressing up as book characters, taking part in book themed activities and sharing books across the year groups. The day was topped off with a visit from The Bookery with books available for sale and book vouchers which each of the children received. The Bookery staff were delighted to see so many children really engaged in buying and sharing books and hearing about the level of support they received in their reading both at home and school.

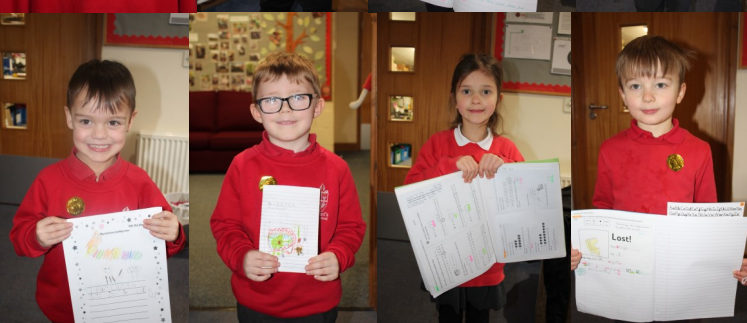
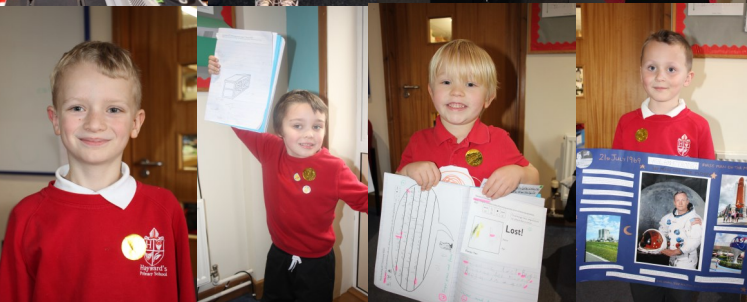


SWIMMING GALA



Well done to all of the pupils who took part in the local swimming gala today. The children all performed really well and impressed Miss Phillips with their determination and effort. We came 2nd overall, which is a brilliant achievement. Well done!

HEADTEACHER AWARDS



Well done to William who came first place in a recent Scalextric tournament, to Amelia, who was the only player able to catch the rugby ball fired out at adult speed and who then took part in the Guard of Honour at a recent Exeter Chiefs Game at Sandy Park, to Oscar for an excellent piece of writing, to Willow for a brilliant piece of story writing, to Lucas for showing brilliant Scientific understanding during a recent sound lesson, to Caleb for the effort put in to a recent piece of writing, to Oliver for the effort that he is consistently showing to his writing, to Leo for a brilliant information poster made about NASA and space travel, to Harley for a lovely piece of writing, to Reggie for a lovely diary that he produced at home, to Maria for her brilliant attitude towards learning and the positive work that she has recently completed in Maths and to Monty for the effort that he has put into his most recent piece of writing. Well done to everybody!

PICK N'MIX DATES

Wednesday 27th March 2024

THE IMPORTANCE OF SLEEP



Fun Fact

Tigers and infants sleep the same amount. Most human infants need about 16 hours of sleep a day –about the same as a full-grown tiger! The sleepest animal in the world is the koala, which spends about 18-22 hours a day snoozing

Why Sleep Matters for Children

We all know that sleep is essential to children's health. Parents who diligently work with their children to develop healthy sleep habits will see healthier and happier children. When children go to sleep each night, their brain cells "take out the trash," meaning the body repackages chemicals that enable brain cells to communicate. Brain cells also flush out disease-causing toxins when a child is asleep.

How Much Sleep Does a Child Need? According to researchers at The University of Michigan, sleep difficulties during adolescence can cause fatigue and lethargy, as well as problems with concentration and memory. This can lead to poor performance in school and trouble forming friendships.

What Can I Do to Make Sure My Child Gets Enough Sleep?

The three most important things you can do are:

1. Be consistent with bedtime schedules and routines.
2. Set age-appropriate bedtimes and stick to them, even on the weekends.
3. Remove all screens from your child's bedroom, including small devices that have notifications or beep during the night.

Children need quality sleep habits so that they can lead mentally and physically healthy childhoods.

Useful links and ideas can be found at:

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/>

<https://www.childnexus.com/blog/article/5-reasons-sleep-matters-for-children>

PTA DISCO

Thank you to all of the PTA and staff volunteers who stayed on to support the disco this evening. Without their support, we would really struggle to put on these lovely events for the children. Lots more exciting PTA events still to come this half-term.

Dates and Events for the Diary:

Monday 4th to Friday 8th March 2024

Year 6 Residential to Grenville House

Tuesday 5th March 2024

Year 1 and 2 Multi-skills Event at QE

Wednesday 6th March 2024

EYFS Animals2U Minibeast Experience

8th to 17th March 2024 (Details TBC)

British Science Week

19th March 2024 2:45pm to 3:15pm

EYFS Reading Café

Wednesday 20th March to Friday 22nd March 2024

Year 4 Residential to Great Potheridge House

Friday 22nd March 3pm: Year 5

Year 5 Poetry Celebration Assembly

Wednesday 27th March 2024

Easter Bingo

Friday 17th May 3pm: Year 4

Year 4 Poetry Celebration Assembly

w/b Monday 10th June 2024

Phonics Screening Week for Year 1 Pupils

Friday 12th July 3pm: Year 1/EYFS

Year 1 and EYFS Poetry Celebration Assembly