



Breakfast club

Our breakfast club is becoming more and more popular. We have pupils from all year groups attending. Children can choose from a mixture of toast, cereals and juice. There is no need to book in advance and the cost is only 50p per day, so please send your child if they would like to try it out. It starts at 8:20 a.m.

We often find that a number of our pupils come in to school hungry in a morning, saying that they have not had breakfast. They are the children who will be more tired, more hungry, and will find school much harder than those who have had a breakfast. If you are finding it hard to feed your children in a morning, then please use our breakfast club. We need our pupils alert, full of energy and ready to learn: pupils who are full are much, much happier and more productive!

Christmas Fair

Thank you so much to all the families, pupils and staff who helped make our Christmas Fair such a success last week.

Ofsted Inspection

Thank you to all of the parents who completed the parent-view survey during our Ofsted inspection last month. We still do not have the findings of the report, but it was certainly a constructive and powerful two days which has already made the school better. All staff have worked very quickly since the inspection to change a number of the things we do. There will hopefully be more news in the new year.

Christmas Jumper day

Our Christmas Jumper and Christmas Dinner day was a huge success. The whole school made such an effort, and we raised lots of money for charity too!

Tired Children!

By and large, the vast majority of our pupils come to school refreshed from a good night's sleep. This is great for the children and adults alike, as everyone can get on with the business of learning. The **NHS website** recommends that children get a good night's sleep, and recommends the following lengths:

Pupil's school year	Recommended sleep time	To get up at 7a.m., children should be asleep by:
Reception	11 ½ hours	7:30 p.m.
Year 1	11 hours	8 p.m.
Year 2	10 ¾ hours	8:15 pm.
Year 3	10 ½ hours	8:30 p.m.
Year 4	10 ¼ hours	8:45 p.m.
Year 5	10 hours	9 p.m.
Year 6	9 ¾ hours	9:15 p.m.

Data from NHS:

We accept that this is not always easy to achieve and children will often push to stay up later! However, schools often find that their tired and irritable children are often the ones who have stayed up late watching TV and playing games. These children find school very hard the next day!

Important Dates

Christmas: School closes on Tuesday 19th Dec at 2:30 p.m. and re-opens on Wednesday 3rd January at 8:45 a.m.