



# School News

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No. 24

14th March 2024

## DATES FOR YOUR DIARY

### Thursday, 14th March - Last Day to Visit Book Fair

Today is the last day you can visit the book fair. We have a large selection of books to choose from in our travelling book fair which has been in school all week. The book fair will be open for the final time after school today.

### Friday, 15th March - Comic Relief & Open Classroom

On Friday, 15th March we will be celebrating Comic Relief. The theme for this day is 'do something funny for money'. The children will be creating something during the day to share and sell to parents during our Open Classroom to raise money for this worthy cause. The school gates will open at 3.00pm when you are invited to visit your child's class from 3.00 to 3.20pm for our Open Classroom event and where you will have an opportunity to purchase items made by the children during the day. You are then asked to leave the classroom at 3.20pm and wait on the playground for the children to be dismissed at 3.25pm. Children should wear school uniform/forest school/ PE kit as they normally would on this day. Don't forget to bring your pennies!!

### Monday, 18th March - Girl's Football Match away to Shepherdswell Primary School - Kick off at 3.00pm

### Monday, 18th March - Year 1 Phonics Screening Workshop for Parents at 3.30pm in the Year 1 Classroom

Parents and carers of children in Year 1 are invited to a Phonics Screening Workshop.

### Wednesday, 20th March - World Poetry Day

### Thursday, 21st March - Year 6 visit to Safety In Action 2024

### Thursday, 21st March - Under 9's Mixed Kevin Edwards Trophy away to St. Faith's - Kick off 2.30pm

### Friday, 22nd March - Year 5 Class Worship at 9am in the School Hall

Parents, carers, and family of children in Year 5 are warmly invited to join us for the class worship.

### Friday, 22nd March - Boy's League Match away to Shepherdswell Primary School - Kick off at 3.00pm

## OTHER SCHOOL NEWS

### Thank you for the Guinea Pig Hutch!

We would like to thank Miss Goddard for the donation of the guinea pig hutch for Oreo and Ginger Bread - we have two very happy guinea pigs!



### Monday, 25th March to Wednesday, 27th March - Decorated Egg Competition

We would like to invite **children** to decorate a hard boiled egg (or if you are really adventurous use a blown one!). It could be a person, a model or just simply decorated. **Please take your eggs for display into the school hall from Monday, 25th March to Wednesday, 27th March**, so everyone can see them, remember to make a stand, and label clearly with your name and class. **There will be a chocolate prize for the winner in each class** which will be independently judged on the children's own work. All entries must be in by **Wednesday, 27th March**.

### Elite Holiday Club at Eastry Primary School

Elite Community Coaching, who run some of our PE lessons and after school clubs, will be running a holiday club in school from Tuesday, 2nd to Thursday 4th April. Further details were sent home with the children last week and can be found by visiting their website at [www.elite-coaching-uk.co.uk](http://www.elite-coaching-uk.co.uk).

## **WEBSITE SECTION**

### School Attendance - A Guide for Parents

It can sometimes be difficult to know whether your child should be kept off from school if they are unwell or whether they can still attend. Each year we provide you with our helpful guide which gives you information and guidance for school absences. A copy of this guide can be viewed on the school website under the 'Parent' tab and 'Attendance' page.

## HEALTH ADVICE/ONLINE SAFETY

### SECTION

#### Developing Healthy Sleep Patterns

Please see the leaflet below giving some top tips to help promote healthy sleep patterns for you and your family.

Kind regards

A handwritten signature in blue ink, appearing to read 'Neil Garvey'.

Mr Neil Garvey  
Interim Headteacher

### **AFTER SCHOOL CLUBS**

Week commencing 18.3.24

MONDAY	
Cheerleading & Dance (3.30-4.15pm)	YES
Creative Station (3.30-4.30pm)	NO
TUESDAY	
Ballet (3.30-4.10pm)	YES
WEDNESDAY	
Singing Club (8.00 to 8.35am)	YES
Multi-Sports Club (3.30 to 4.30pm)	YES
THURSDAY	
Football Club (3.30-4.30pm)	YES
FRIDAY	



# 10 Top Tips for Parents and Educators

## DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

