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WHITEHAVEN
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15 March 2024

Sample Parent

Sample Student (Year 1, Samples)

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News Update 15th March 2024

Dear parents and carers,

I hope that your week has been as productive as ours in school. I have visited and spent time in some fantastic lessons this week. Particularly our Year 6 who have been writing their own stories about dystopian futures. Every single member of Year 6 was engrossed in their writing. Some superb authors in the making.

Red Nose Day:

It's been a great week in school with our Masked Singer Competition! Thank you to all the staff who have been behind the masks. We have had some fantastic belly laughs across the week when trying to guess the staff member singing! It's been great to see so many children wearing a splash of red today supporting Red Nose Day. As soon as we have a total for monies raised we will let you know. Keep watching FaceBook for more of our Masked Singer releases!

Scarecrows are alive!

Welcome to the launch of our scarecrow challenge. We are inviting all families to make and place a scarecrow in their front garden over the coming weekends. We would love your scarecrow to be a defender – linked to our Anti-Bullying Work in the Autumn term. Before the Easter Break we would like you to send us a picture and its location so that over Easter we can run a Scavenger Hunt Competition. We will plot them on a local map and send you a letter of the alphabet to be displayed with your Scarecrow. Children can then collect the letters, unscramble the words and send their entries to school after the holidays for a prize. Please send your entries to goingtheextramile@jericho.cumbria.sch.uk. Please do consider entering our challenge. Follow the link for a quick guide on making a scarecrow <https://www.rhs.org.uk/education-learning/gardening-children-schools/family-activities/Activities/activities/make-a-scarecrow>

Lost Property:

We have a large amount of lost property in schools. All named lost property has now been returned to children, however, we have 10 bin bags full of lost property items - including one shoe and a boxing glove!. We will arrange in the last week to open the hall and lay out the lost property. After Easter we will need to move this on as we have no space to keep such a large amount of clothes.

Mental Health Focus: Sleep!

For children and young people, low-quality sleep can become a serious issue. It has been theorised that poor sleep can have a significant impact on children's brain development, affecting them for the rest of their lives. A healthy – and consistent – sleeping pattern, therefore, is incredibly important for children and young people's well-being.

With the stresses and distractions that can present themselves to youngsters, it can be tricky to ensure they're in the best mindset to wind down in the evenings for the rejuvenating rest that they need. The right approach, however, can give them a better chance of cultivating a healthy sleeping pattern. Our guide has some practical tips on helping them to achieve exactly that! Sweet dreams everyone!

Celebrations:

A big shout out to Lilly-Mai in Year 4H. She entered the Ranch Dance contest and came 2nd in the country! A massive achievement to be proud of. Well done Lilly-Mai.

Golden Work:

Our wonderful golden work superstars this week -

Thea in reception for super writing in RWI

Zara, Tory, Scarlett and Arthur in the nursery for their brilliant story map

Miles in reception for wonderful sounding out

Cora in Y1 fabulous independent story-writing

Jack in y2 for using super adjectives to describe nouns

Emmie Y4 – superstar writing, well done!

Eve/Sophia Y4 - fantastic singing performance in Music

Reuben/Carrie Y3 – impressive sewing skills

Eryn and Alfie Y3- Fantastic podcasting in ICT

Reminders:

Attendance - Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school when they're unwell. There are government guidelines for schools about managing specific infectious diseases at <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities> . These say when children should be kept off school and when they shouldn't. If you do keep your child at home, it's important to phone our school on the first day. Let us know that your child won't be in and give us the reason. If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know. We have also added the attached guide to our website for more information on how to decide when your child might be too ill for school = <https://www.jericho.cumbria.sch.uk/parents/administering-medication-in-school>

Save the dates:

21st March – Year 4 Viking Day in school

22nd March - Class photos in school

26th March – Nursery Trip to Muncaster Castle

27th and 28th March – Year 5 Tree Planting

28th March – School Closes for Easter Holidays.

Tuesday 16th April – Reception – Year 6 Return to School after Easter Holidays

Thursday 18th April – Nursery return to school after the Easter Holidays.

13th May – all Week – KEY STAGE TWO SATS

Residential

Year 3 Blencathra – 20th May – 21st May

Year 4 – Hawse end – 3rd June – 5th June

Year 5 – York – 13th May – 16th May

Year 6 – London – 24th June – 27th June

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.



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