

St Bede's Newsletter

Welcome to St Bede's...



Attendance up to 25/03/25

Y1	Y1/2	Y2	Y3	Y3/4	Y4	Y5	Y5/6	Y6
96.25	93.82	96.87	96.25	97.62	93.48	97.38	94.52	96.61

This week's events...

Tuesday 25th Mar

- Reception trip to Acorn Dairy 12.30pm
- Parental consultations 3.30-6pm

Wednesday 26th Mar

- Parental consultations 3.30-6pm
- Class 2 Pedestrian training

Thursday 27th Mar

- Tempest Individual Photos
- Y3 parents invited for FHC meeting with Father Kevin
- Class 3 Pedestrian training

Friday 28th Mar

Y3/4 Pedestrian training

Coming soon...

Mon 31st Mar - Wed 2nd April

Y5 Youth Ministry residential trip

Wednesday 2nd April

Class 2 Pedestrian training

Thursday 3rd April

- Miss Anderson Y1/2 Care Home Visit
- Class 3 Pedestrian training

Friday 4th April

- Class 3/4 Pedestrian training
- Easter Egg Raffle 2pm



You can now view our Music newsletter
<https://stbedesdarlington.bhcet.org.uk/curriculum/subjects/music>

Our Safeguarding Focus This Week...

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!

Click here to view our school calendar and make sure you are up to date on upcoming activities and events until the end of the school year
<https://stbedesdarlington.bhcet.org.uk/school-calendar>

EASTER RAFFLE
 Drawn 4th April

SINGLE TICKETS £1
PER STRIP £5
 available from the office (cash)

If we raise over £500, Miss Cuff has promised to dress as the Easter bunny when drawing the raffle. Let's make it happen!
 From The School Office :)



Don't forget School Photographs
 this Thursday 27th March

WELL DONE

A huge well done to our Swimming Gala team who showed sheer determination and courage on Friday.

It was a nerve-wracking and tense competition but they gave their all, returning with medals and certificates!

We could not be more proud!

