

St. Michael's C of E Primary School



May 2023

Be Safe, Be Healthy

Sleepy Head



Do you know how much sleep you should be getting each night?

9 to 12 hours a night!

Top Tips

1. Have a bedtime routine
2. Relax before bedtime
3. Wake up at the same time each day
4. Get some daylight and exercise through the day
5. Have some supper
6. Limit screen time before bed
7. Make your bedroom cosy

Sun Safety



Road Safety

Lighter nights and warmer weather are here and you might be spending more time outside after school or at the weekend. It is really important that you know how to stay safe near roads.

On school days – always cross with Steve

Always follow the Green Cross Code:

Think - think about where it is safest to cross

Stop - stand still on the pavement where you can see traffic

Look and listen - look all around for traffic and dangers

Wait - let any cars pass

Look and listen again - when it is safe, walk across the road.

Pupil Voice



Thank you to everyone who has filled in our survey about feeling happy and safe at St. Michael's. We will look at your answers and find ways to make our school even safer and happier.

Phunky Foods

Class 3 enjoyed a great Phunky Foods workshop in school this half term. They have helped choose some new recipes for the Phunky Food display. There are copies of the recipes on the display and our website so you can try them yourself at home.

