

Leamington Community Primary School

'Together we make a Difference'

Friendship, Respect, Honesty, Determination and Courage

Spring 2020 - Wellbeing

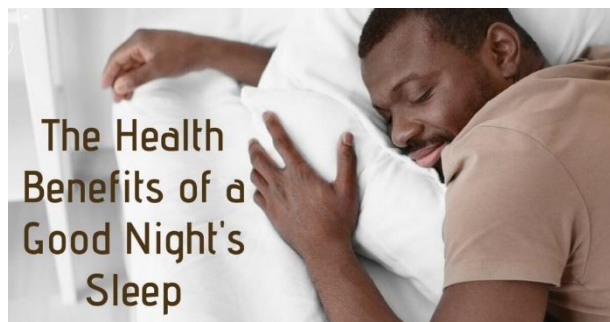


Wellbeing

In this newsletter, we are going to take the time to discuss wellbeing and how we can all make small changes which will make a big difference. As we write this newsletter, we have noticed the days are becoming brighter and spring is around the corner.

Sleep:

It has been evident recently that a number of children are not getting enough sleep. Sleep is extremely important to support children's development, both physically and mentally. Establishing good sleep patterns can help children to meet their full potential. Sleep deprivation can cause:



Growth or hormone issues	Weight gain
Concentration difficulties	Hyperactivity
Mental health issues	Behavioural issues
Lowering of the immune system	Remembering things

A well-rested household usually makes for a happier home! Sleep needs change as children get older but below is a good guide:

Three year olds	12 Hours	7pm to 7am
Four - Six year olds	11.5 Hours	7:30pm - 7am
Seven - Eleven year olds	10 Hours	8:30pm - 6:30/7am
Teenagers	9 Hours	

Good sleep routines are essential and need to be planned in to your day. Consistency and firmness are key.

- Turn off all screens one hour before bedtime - no computers or mobile phones!
- Create a dark environment and play quiet activities, such as completing a jigsaw or colouring in.
- Baths are great if your child finds them relaxing. Also, get ready in the same order each night, for example; bath, pyjamas, tooth brushing, toilet and finally reading a bedtime story.
- Give hugs and kisses and tell your child, 'it's night time, go to sleep'

If you need any help with sleep routines, Liz Morrison will happily help and you can contact her through the office. We do not judge - we are here to help and support as we understand how busy life is.

Personal Care:

Head lice have been around for many years and it is nothing to be ashamed of. If all parents/carers follow the steps below, it will help to eradicate the problem:

Check	Treat	Complete
Check your child/children's hair once a week. Use a detection comb to trap head lice - use a white comb so you can see the lice easily. If you find lice, go to the pharmacy - under the 'Care at the Chemist' scheme, you will receive free treatments for all the family.	Only treat if lice are identified. Use a clinically proven treatment. Leave the treatment on for the recommended time - leaving it on for longer will make no difference.	Check that all the lice have gone within 2-3 days of the treatment. If the pack instructions require a second treatment, make sure you do it. The remaining nits need to be removed so cover the hair in conditioner and use the nit comb again.

Again, if you need support with the removal of head lice or you would like some more advice, Liz Morrison can be contacted through the office.

Healthy Diets:

Did you know 80% of British kids don't eat enough vegetables? This month is Veg Power month and we are encouraging everyone to look at their diet and make sure more vegetables are eaten. There are loads of recipes on the internet including homemade pizzas! Using a flour tortilla, naan bread or French stick, add a dollop of tomato puree and then add sweetcorn, mushrooms, onions, and tomatoes. Loads of fun, great family time and more vegetables eaten! Or you could make 'Silly Face Wraps' - you will need tortillas, hummus, carrots, cucumbers and cherry tomatoes. Get the children to make the wraps, creating funny faces, then roll it up and eat!



Dates for the Diary

Date	Event
Monday 10 th February	Online Course from Torus and Clubmoor Children Centre
Monday 10 th February	NOW Dance Festival Epstein Theatre (Dance Club)
Tuesday 11 th February	Safer Internet Day
Friday 14 th February	Y2 visit to the Beatles Experience
Friday 14 th February	Non-Uniform Day (Wear something you love theme)
Friday 14 th February	School closes for ½ Term
Monday 24 th February	School opens for Spring 2 Term
Monday 2 nd March	Reading Week at Leamington
Wednesday 4 th March	Artefact Theatre visit
Thursday 5 th March	World Book Day - WE ARE DRESSING UP!
Thursday 26 th March	Parents Afternoon
Monday 30 th March	Reception Child Health Checks
Thursday 2 nd April	Easter Bonnet Parade - 9:15am
Thursday 2 nd April	Peter Pan Performance - 5pm
Friday 3 rd April	Spring Term Celebration Assembly - 9am
Friday 3 rd April	School closes at 1:30pm
Monday 20 th April	School opens for Summer 1 Term

Parking around School:

A gentle reminder to anybody that drives to school, recently we have had a number of parents parking across our neighbours' driveways and on the yellow school markings. This cannot continue and the Police/Council have been made aware and therefore will be patrolling at 8:45am and 3pm in the coming weeks. Please also remember the speed limit around school is 20mph. You will also see some new signs appearing over the coming weeks!



Attendance for the Autumn Term:

1LJ	1HH	2JE	2JW	3SH	3AF	4CM	4SL	5DC	5LT
6SD	6FB	RKHP	6GC	Total					

Finally:

If you have any concerns, worries or need support please don't hesitate to come in and see Mr Vine, Mrs Mellor and Iris at any time. We are here to support our community and will help in any way we can. We know and understand the difficulties some of our families face and we want you to know we never judge we just want the best for each and everyone associated with our school.



**Leamington
Values**



Together we make a Difference