

# Harting Primary School Newsletter



## Message from the Head

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Having read a recent copy of Times Educational Supplement (TES), I have become more aware that, in today's society, many children are not sleeping well. As I recall it, the first part of parenting is spent looking forward to having more sleep whilst teenagers seem to enjoy late hours and long lie-ins!

There are clearly some times when children sleep badly, especially when they are ill but there are ways to encourage better sleep patterns for those who struggle to rest well. If children do have disturbed sleep on a regular basis, this inevitably has an impact on their learning. With this in mind, I have added a section on sleep below.

I know that many children at Harting enjoy a good night's rest and for them it is just minor ill-health that affects sleep. The advice below may just help, however, to avoid 'bed time battles' or restless children.

Best wishes

Fiona Mullett

## Guidance on sleep

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Information taken from NHS UK:

<http://www.nhs.uk/Livewell/Childrenssleep/Pages/bedtimeritual.aspx>

'For some children, irregular sleeping hours can be problematic. Setting a regular bedtime schedule can really help children get the right amount of sleep.

It's important to devise a routine that works for you and your child, and to stick to it.

"Keep regular sleeping hours," says Jessica Alexander of The Sleep Council.

"A bedtime ritual teaches the brain to become familiar with sleep times and wake times," she says. "It programmes the brain and internal body clock to get used to a set routine."

Relaxation techniques to aid sleep:

Winding down is a critical stage in preparing your child for bed. There are many ways for them to relax:

- A warm (not hot) bath will help their body to reach a temperature where it's most likely to rest.
- Relaxation exercises, such as light yoga stretches, will help to relax their muscles.
- Relaxation CDs work by relaxing the listener with carefully chosen words and gentle hypnotic music and sound effects.
- Reading a book or listening to the radio will relax their mind by distracting it from any worries or anxieties.
- Avoid screens in the bedroom

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'Love others as yourself'  
Worship Theme: Generosity

The bedroom should be a relaxed environment.

Experts say that bedrooms are strongly associated with sleep, but that certain things weaken the association. These include tablet computers, mobiles/smartphones, TVs and other electronic gadgets, light or noise, and a bad mattress or uncomfortable bed.

The light from screens can also affect how easily children get to sleep. Try to keep your child's bedroom a screen-free zone and get them to charge their phones and other devices downstairs. That way they won't be tempted to respond to friends getting in touch late in the evening.

"It's important to create an environment that's favourable for sleep," says Alexander. "Keep the bedroom just for sleeping."

The bedroom needs to be dark, quiet and tidy. It should smell fresh and be kept at a temperature of 18-24C.'

Recommended length of sleep by age:

4 years: night time - 11 hours 30 minutes

5 years: night time - 11 hours

6 years: night time - 10 hours 45 minutes

7 years: night time - 10 hours 30 minutes

8 years: night time - 10 hours 15 minutes

9 years: night time - 10 hours

10 years: night time - 9 hours 45 minutes

11 years: night time - 9 hours 30 minutes

I recently contacted the School Nurse who has given similar advice. If your child is struggling to sleep, there are some additional suggestions that she can make. Should you be interested, she is happy to talk with parents about how to support children sleeping. Please let us know if this would be useful to you.

### Rother Valley Parent Roadshow Event

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Following on from the information about sleep, you might like to know about the Rother Valley hub roadshow. This is going to be held at Midhurst Memorial Hall at the South Downs Centre on 14<sup>th</sup> June. It will be an opportunity to ask professionals from different specialisms questions about child related issues eg sleep, diet, anxiety, self-esteem, learning behaviour, etc

### E-safety: important information

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Since I last added an update on e-safety, it has come to light that some of the children in the school have Instagram accounts, which are being used inappropriately. Are you aware of how your child is using social media? Recent advice suggests that parents should check children's phones/devices frequently to see what their activity is.

If your child is receiving or seeing inappropriate content, then the police may be contacted or it can be reported via the CEOP site.

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### School library

Thank you for trawling through book shelves at home. It is great that many books have been re-discovered. We are still trying to find more texts belonging to West Sussex library service. These are usually recognisable by their plastic covers. We would be grateful for their return as soon as possible so that our purchase of new books is not limited by costs through losses.

If your child has outgrown books, which are in good condition, we would love to receive them.

### PTFA gig

Thank you to all the PTFA crew who made the gig such a wonderful evening. The hall was beautifully decorated and as well as being fun, £2000 was raised for the school. Many thanks for the dedicated team.

### Scaffolding tower

Does anyone have a scaffolding tower that the school might borrow, please? It would be really helpful to use for some maintenance of the school building

### Footballers

Year 6 boys enjoyed a friendly football match with the boys at Littlegreen School. All the children were really well behaved. Our pupils were commended for their kindness as well as sportsmanship - we hope to enjoy some more matches next half term. I hope to share photographs on the website, when I have them.

### Key dates for your diary

Please note the term times for the year in your diary so that children's learning at school is not broken by additional holidays or days out, which we cannot authorise.

Summer term dates		
Week Beginning 15.5.17		
15.5.17	Pm	Footballers to Littlegreen School
19.5.17	Pm	Forest School y1
	Pm	Y6 - netball MRC
Week Beginning 22.5.17		
22.5.17	Pm	Y1 FS (tbc)
26.5.17		RV Football Stedham (tbc)
	Pm	Forest School y1
	Pm	Harting's Got Talent - heats
		Last day of half term
29.5.17		Harting Festivities - Beacon stall/ half-term holiday
3.6.17		Goblin racing at Seaford School
Week Beginning 5.6.17		
5.6.17		<b>Inset day</b>
6.6.17		<b>Children back to school</b>
8.6.17	Am	Class photographs
9.6.17	Pm	Forest School y1
	Eve	Harting's Got Talent

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Week Beginning 12.6.17		
14.6.17	Pm	Sports day
15.6.17	6.30pm	New yR parents' meeting
	Pm	Forest School y1
	Pm	MRC cricket
	2.30pm	Beacon and Warren sharing assembly
Week Beginning 19.6.17		
21.6.17	Pm	Reserve Sports day
22.6.17	2.30pm	New YR storytime
23.6.17	Inset day	
Week Beginning 26.6.17		
26.6.17	10am+	Chichester Cathedral Leavers' service
27.6.17	2.30pm	New year R storytime
28.6.17	All day	MRC transition day
30.6.17	Pm	Forest School y1 (last)
Week Beginning 3.7.17		
3.7.17	Lunch	New yR to lunch
6.7.17	6.30pm	School production
7.7.17	6.30pm	School production
9.7.17	All day	Goodwood Goblins
Week Beginning 10.7.17		
	Am	Swimming - y3
11.7.17	Am	Swimming
12.7.17	Am	Swimming
13.7.17	Am	Swimming
14.7.17	All day	Rounders Tournament y6 + TPS transition day
	Am	Swimming
	Pm	Bump up afternoon (new yR in)
	Eve	School disco
Week Beginning 17.7.17 (y6 activity week)		
17.7.17	Am	Swimming
	Am	Bikeability y6
	pm	Bike skills y1/2
18.7.17	Am	Swimming
	Am	Bikeability y6
	pm	Bike skills y1/2
	Pm	Y6 take over afternoon
19.7.17	Am	Swimming
	Am	Bikeability y6
	pm	Bike skills y1/2
	Pm	Y6 Forest School
	Eve	PTFA quiz
20.7.17	Am	Swimming
	Am	Bikeability y6
	pm	Bike skills y1/2
	Pm	Y6 Forest School and sleepover in school
21.7.17	Am	Bikeability y6
	Pm	Y6 Forest School
	pm	Bike skills y1/2
Week Beginning 27.7.17		
24.7.17	10am	Whole school walk and picnic
25.7.17	11am	Leavers' service
	Last day of school year	
26.7.17	Summer holiday starts	
4.9.17	Inset day	
5.9.17	Inset day	
6.9.17	First day of school	

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	Year R - group 1
	Coffee for new parents
7.9.17	Year R - group 2
	Coffee for new parents
8.9.17	All year R in school- morning

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