

Monday 18th March

Dear Parents and Guardians,

Firstly, apologies for the delay in sending the parental bulletin which usually gets sent out on a Friday. As you know last week was a very busy week as we had OFSTED visit our school. The students were a credit to you all and the school; we look forward to sharing the report with you.

This week we enjoyed thinking about St Patrick's Day and the ways in which this is celebrated across the world.

Students, parents and carers also gave generously to our fundraising cake sale event for Comic Relief.

This week our year 11's begin exam season and we look forward to supporting them through this busy time. Our parent/carer group will be focused on the support which you can provide to your child during this time.

Have a lovely weekend,

Louise.

Our vision:
To provide a safe, enriching and nurturing environment, with wellbeing at its heart; where children and young people, can learn, gain confidence and thrive.

Our values:
To promote **resilience**, **self-confidence**, **tolerance**, and **respect**

Our aims: 'Building confidence for the future'

If you would like to book an appointment with our school nurse Charlene please contact the school office or contact her directly on:

charlene.stewart@nhs.net 07931 733 526



Parent/Carer Support Group – NEXT WEEK

Thank you to those that attended the session just before half-term.

Please do join us virtually or face-to-face for our next session on
Wednesday 27th March 9.30 -10.30




<https://www.bbc.co.uk/bitesize/articles/zw27tcw#zkxhvj6>

How to prepare for your GCSE exams

Bitesize has an enormous collection of **online GCSE study guides**, complete with videos, audio, infographics and quizzes to ensure that your revision is engaging and suits how you learn.

According to psychotherapist **Josh Fletcher**, mock exams are the best way to practise for your GCSEs. That's why we've created our **exam-style** and **quick-fire** GCSE exam quizzes. These fun, interactive questions are based on GCSE past papers and written by teachers and experts so you can test your knowledge and give your revision a boost.



Take the GCSE quizzes for all GCSE exam boards in **maths** (foundation and higher), **computer science**, **geography**, **combined science** (foundation and higher), **biology** (foundation and higher), **chemistry** (foundation and higher) and **physics** (foundation and higher).

 Bitesize exam revision resources	 GCSE study support Learn from educational experts how to study smart and look after yourself over the exam period.	 Exams and assessments help Hear from our Mind Set coaches how to make the best use of your time as you build up to your exams.
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Thank you, Ranjna!

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Let the world know!  

Your £50 goes a long way

Thank you, you wonderful human being. Your donation to Red Nose Day means we can continue to help provide shelter for those who need it, put food on plates, fill the shelves of baby banks, offer someone to talk to, or somewhere to be safe.

Here to listen: our safeguarding team



Designated safeguarding lead (DSL): **Louise Togher**
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Deputy DSL: **Ranjna Shiyani**
Contact details: **07900192271**



Deputy DSL: **Anne-Marie Mika**
Contact details: **07866217122**



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!

