

# St Martin's Newsletter



SPRING TERM - Friday 15<sup>th</sup> March

## Attendance

Whole school attendance this week is **89%**. This is disappointing after all the hard work you have put in but there have been high levels in illness this week.

## Parents Evening

Parent's evening will be held on **Wednesday 20<sup>th</sup> March** from 1.45-6pm. The booking system is available. School will **finish at 1.30pm** that day so please make arrangements for your child to be collected. **Nursery** will remain open as normal. Afterschool club will be available and can be booked on via the gateway app.



## St Martin's Stars

**Well done to everyone who got a certificate this week.**

Purple Tie certificates are given for children who embody our rules of being Kind Respectful and Responsible.

**Pre-School – Isabella B**  
**Year R – Isla S**  
**Fraser H**  
**Year 1 – Mark J & Alice B**  
**Anthony A**  
**Year 2 – Vlad I & Aviana BK**  
**Ellzah B**  
**Year 3 – Imogen T & Damien C**  
**Lillie-Rose J**  
**Year 4 – Eva N & Oliver P**  
**Heidi W**  
**Year 5 – Florence F & Ethan G**  
**Isla A**  
**Year 6 – Elliott C & Maya P**  
**Matilda R**

## Family Learning Workshops

Thank you to the parents who attended the workshop on Wednesday. The ladies commented on how **engaged and supportive** you all were. We hope you had a good afternoon. A reminder that the **online wellbeing** for year 4, 5 & 6 will be on **Wednesday 27<sup>th</sup> March** at 1.30-3pm. This is available to book on using the School Spider app but there are limited places left.

## Hop For Haven

On **Wednesday 27<sup>th</sup> March** we will be doing the 'Hop for the Haven'. Children can buy a headband to wear during the hop. These can be purchased for £1 and payment can be made via the gateway. Sponsor forms will be sent home today. All money raised will go to **Halton Haven Hospice**.

## Easter Key Dates

**Monday 25<sup>th</sup> March**  
Y5 Easter Journey morning  
Holy week reflection

**Tuesday 26<sup>th</sup> March**  
Tinysteps graduation photos  
Y6 leavers photos  
Decorate the egg competition run by school council

**Wednesday 27<sup>th</sup> March**  
Whole school Mass @ 10am  
Special Easter lunch  
Hop for the Haven

**Thursday 28<sup>th</sup> March**  
Easter Bonnet parade  
Easter egg raffle draw  
Stations of the cross exhibition  
**School closes at 1.30pm**

## Attendance

*Year R – 76% 3 Lates*  
*Year 1 – 90%*  
*Year 2 – 88%*  
*\*Year 3 – 94% 6 Lates\**  
*Year 4 – 97%*  
*Year 5 – 85% 7 Lates*  
*Year 6 – 93%*

Just 3 Classes with less than 10 lates

**\*Well done to year 3, this weeks Dojo Champs\***

Anyone who comes into school after 8:50am is marked as late. Please try to be an attendance



## Fundraising Events

Part of our **Lenten Journey** is to give to worthy causes. We have started the **Big Lent Walk** to raise money for **CAFOD**. As a School we need to walk a total of at least 200km. Each class will contribute from Pre-School to Yr6. If you would like to donate/sponsor your child you can do so by following this link to our JustGiving page. <https://schools.walk.cafod.org.uk/fundraising/cafod-big-lent-walk185>. So far we have walked 42km and raised £55



This week's guide contains expert advice on helping young people to achieve and maintain a **healthy sleeping pattern** <https://nationalcollege.com/guides/healthy-sleeping-habits>. Click the link or see the attached guide for more information.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 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!

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

