



NEWSLETTER

Children's Mental Health Week

Well done to everyone who entered the daily competitions (we had hundreds of entries)! Special mentions for Hana, Nicole and Ebony for winning prizes from WF-Ican!



Sleep Health: safer sleep week

Last week was safer sleep awareness week. It is vital that, as parents, we make ourselves aware of the risks and dangers associated with sudden infant death syndrome (SIDS). [Please click on this link to find out more about safer sleep for young children and babies.](#)



Sleep Health: bedtimes

As parents, we all know the importance of routines when it comes to bedtimes for our children. Children who are tired at school often have more problems in and out of class, so follow these top tips to help them to thrive:

Avoid screens for at least an hour before bedtime - the light from screens stops the sleep hormone, melatonin.

Eat the right foods, at the right time: avoid sugary sweets and drinks.

Ensure your child gets lots of fresh air, daylight and exercise during the day: tired children sleep better!

[Click on this link to calculate how much sleep your child needs.](#)



Assemblies



Together, we CAN do it!

We are delighted that pupils are now back together in the hall for assemblies. We plan these times carefully to educate our children about a range of topics, from British values, to Mental Health and celebration of world or religious events.



Something you've learnt this year...

Adding a hyperlink

Inserting images and text

Adding transitions to Google Slides

Creating a website

Making a fake profile

How to turn on the computer

We also celebrate our pupils for their work in school, with curriculum-excellence showcases every week, too. Our Reading Leaders and Digital Leaders are taking assemblies this week (see above)!

Webinar 28 March: 'When The World Feels Like A Scary Place'

Professor Abigail Gerwitz, author of When The World Feels Like a Scary Place, invites you to a webinar that will offer advice to adults on how to help children deal with concerns and worries about current world problems and vital issues. Thank you to our colleagues at WGHS for [sharing this link with us.](#)