



Comber Grove Primary School Weekly Newsletter Spring Term 2

Friday, 22nd March 2024

Dates
for your Diary



Key Dates:

28/03/2024-

Last day of Spring Term 2
(school closing at 2pm)

Easter Holiday
(School closed)

Thursday, 29th March to
Friday, 12th April 2024

Monday, 15th April 2024:
**INSET Day (school closed
to pupils)**

Tuesday, 16th April 2024-
First day of Summer Term

22/04/2024

Stephen Lawrence Day

24/04/2024

Progress Review Meeting
with Local Authority

06/05/2024

Early May Bank Holiday-
school closed

07/04/2024

Education Committee
Meeting

13th to 16th May 2024

KS2 SATS (Year 6)

24/05/2024

End of Summer Term 1

03/06/2024

INSET DAY

(School closed to pupils)

A message from our Headteacher

Dear Comber Grove families,

Parents' Day

Thank you to all parents who attended the Parents' Day today. Staff really do appreciate the chance to meet with parents. When we can work in partnership with you, your children do better at school.

If you have not yet had an appointment with your child's class teacher, please contact school to arrange this as soon as possible.



School Attendance

Our attendance figures are looking much better for the Spring term. So far our attendance stands at 92.7% - with some weeks reaching 96 or 100%.

Let's see if we can keep this up and move closer to our 95.6% target!



LAST DAY OF SPRING TERM

- Thursday, 28/03/2024

**Please be reminded that school closes
at 2pm on Thursday, 28th March 2024!**

Have an enjoyable weekend!

Lorram Black and Staff of Comber Grove Primary School

Community

Pride

Empathy

Happiness

Individuality

Creativity



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ATTENDANCE MATTERS!!!



ATTENDANCE MATTERS

every student, every day

Attendance Winners

School Target: 95.6%

This week's attendance: 91.5%

Group	Present	Comment:
Nursery David Bowie	100%	Excellent! Well Done!
Reception Aderin-Pocock	89.2%	Cause for concern!
Year 1 Benjamin Zephaniah	94.31%	Requires improvement!
Year 2 David Attenborough	97.4%	Excellent! Well Done!
Year 3 Mo Farah	78.9%	Cause for concern!
Year 4 Marcus Rashford	97.8%	Excellent! Well Done!
Year 5 Mae Jemison	86%	Cause for Concern!
Year 6 Olive Morris	92.5%	Requires improvement!

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**Parent/ Carer
Information and Support**

EASTER EGG RAFFLE



Your child received a strip of raffle tickets last week. If you would like to enter the raffle, write your child's name and class at the back of each ticket and return the tickets with

£1 to your child's teacher by

Wednesday, 27th March 2024.

More tickets available from your classteacher!



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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.

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.



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