



The Avenue Infant School  
**FRIDAY UPDATE**  
 Friday 15th March 2024



In celebration assembly today we said well done to the following children, who received **Special Awards** and special gold Headteacher's Award sticker:

**Albie** (Beech class) - for taking responsibility for his learning and trying really hard.

**Elliot A** (Hazel class) - for giving brilliant answers in class discussions and always being ready for learning.

**Rohan** (Maple class) - for trying hard with his writing.

**Grace** (Cherry class) - for great progress in her writing (structure and presentation)

**Antony** (Willow class) - for becoming more confident with his learning and friends.

**Ruby** (Oak class) - for increased confidence this week.



### Class Accolades

**Hazel Class** - Miss Morris was impressed with your excellent dance moves and shapes in P.E.

**Beech Class** - Mrs Mason and Mrs McCullough are proud of your fantastic learning about length this week.

**Willow Class** - Miss Cooper was impressed with your sensible behaviour on the class walk.

**Cherry Class** - Miss Startin is proud of how you have all continued to work hard on your listening skills and showing the value of Respect.

**Maple Class** - Mrs Bolter was impressed with your amazing recall of geography knowledge.

**Each class was presented with their Class Accolade certificate and earned two class ticks. Well done everyone!**



### WHAT'S ON NEXT WEEK (Spring 2 Week 4):

- Monday 18th -
- Tuesday 19th - Year 2 P.E
- Wednesday 20th - Play & Perform club 3.15 - 4.15pm
- Thursday 21st - Year 1 P.E.
- Friday 22nd - **Reception** Family Reading - 8.50-9.10am
- FOTAS Mufti day in exchange for an Easter Raffle prize
- Reception P.E.



As part of our commitment to safeguarding, it is important that we ensure that parents/carers are as informed as possible. This week we will be focusing on a wider aspect of safeguarding, Self-regulation.

### 10 Top Tips on Developing Healthy Sleep Patterns

For children and young people, low-quality sleep can become a serious issue. It has been theorised that poor sleep can have a significant impact on children's brain development, affecting them for the rest of their lives. A healthy – and consistent – sleeping pattern, therefore, is incredibly important for children and young people's wellbeing.

With the stresses and distractions that can present themselves to youngsters, it can be tricky to ensure they're in the best mindset to wind down in the evenings for the rejuvenating rest that they need. The right approach, however, can give them a better chance of cultivating a healthy sleeping pattern. Our guide has some practical tips on helping them to achieve exactly that.

A larger version of these guides can be downloaded from our school Facebook page. <https://www.facebook.com/TheAvenueInfantSchool/>



# 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.

