



WEST SUSSEX COUNTY COUNCIL

SUMMERLEA C.P. SCHOOL

WINDSOR DRIVE, RUSTINGTON

WEST SUSSEX, BN16 3SW

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'Growing thoughtful learners and independent thinkers'



Friday 19th November 2021

Dear Parents and Carers

It's been another busy week in school and photo day today. Thank you for ensuring your children were in full and correct school uniform– they all looked so smart and behaved beautifully for the photographers.

Children in Need

This time last week children and staff came to school dressed in spots, sparkles and/or bright colours in aid of Children in Need. A brilliant £345.20 was raised for this important charity – thank you for your support and donations.

Anti-Bullying

This week we have raised awareness of Anti-Bullying in school and taken part in national Anti-Bullying Week. This year's theme was 'one kind word' and we have encouraged children to create a chain reaction of kindness. This helps reinforce our 'Be Kind' and 'Be Safe' rules at school. We held a parent focus group on the topic of Anti-Bullying earlier this term which brought our attention to the acronym 'STOP' (several times on purpose) which is a really useful and simple way of remembering what bullying means. We will be reviewing our policy to reflect this and our School Pupil Council will also be working with Miss Camble on raising awareness of this across the school.

After School Care Club staffing update

Due to Mrs Palmer retiring at the end of term, we are putting some interim staff cover arrangements in place for After School Care Club (ASCC) as from January 2022. We are delighted that Mrs Dyke will be acting manager and Mrs Hill acting deputy manager. We will also be appointing a new ASCC assistant.

Parent Survey

A final reminder that our parent survey about extended schools and a possible breakfast club closes next Monday 22nd November. It can be accessed via our website by going to Our School > School Improvement > Surveys > Extended Schools Survey – Autumn 2021. Thank you to everyone who has taken the time to do this already.

Volunteer safeguarding training

If you volunteer in school then we would like to invite you to attend a safeguarding training session this term which will be led by Mrs Viney (Deputy Designated Safeguarding Lead) on



Thursday 2nd December at 2.15pm. To book a place please contact the office. Thank you for your support.

Communication box

The old letter box to the right of the doors to the main entrance and office has been converted into a communication box. Please use this to deliver / return order forms, slips and trip monies etc for school that would usually be passed to the class teacher or office. The box will be checked and emptied daily.

Personal, Learning and Thinking Skills (PLTS)

A highlight of this term has been 'interviewing' children to see if they have met the criteria for a PLTS badge. There are six PLTS: Independent Enquirer, Self-Manager, Effective Participator, Team Worker, Creative Thinker and Reflective Learner. Bronze, silver and gold badges are available to earn and it has been great to see children wearing them with pride. If your child is in Year 1 or above and thinks they are ready for a badge, please encourage them to let their class teacher know so that they can verify this and then book an appointment to see me or Mrs Robins.

Have a good weekend and see you on Monday.

Yours sincerely

Helen Morris

Mrs Helen Morris
Headteacher

PRACTICAL SLEEP TIPS FOR CHILDREN

Everybody can benefit from having a good sleep routine – even grown-ups! A good sleep routine needs to be planned well in advance. Consistency and firmness are also key.

Firstly you need to consider what time bedtime will be and then work backwards, planning the hour leading up to it in some detail. If your child isn't settling until late you may need to gradually move their bedtime as previously described, the routine will need to be gradually moved too.

- Make sure bedtime is realistic, if your child isn't falling asleep until 11pm there is no point starting a routine at 6pm.
- Create a calm, sleep-friendly bedroom. It needs to promote relaxation so decorate in calming colours, remove gadgets from the room (including the TV) and put toys. Keep the room dark to block out external light and never have it too warm, 16-18 degrees is ideal.
- Don't send children to the bedroom/bed if they've been challenging. The bedrooms should be a safe haven and not one where they feel anxious, stressed or worried.
- Dim the lights in the hour before bedtime, close the curtains if needed and create some darkness to help to promote the melatonin (sleep hormone) production.
- Turn all screens off in the hour before bedtime to help calm your child and to support the production of the melatonin (the sleep hormone)
- Offer quiet activities that are motivating to your child. Fine motor skill activities are perfect to aid relaxation eg jigsaws, colouring in, threading, building with bricks etc.
- Consider introducing supper time. Slow releasing carbohydrates are great for keeping little tummies full. Dairy products are also very calming at night time. Avoid anything sugar loaded or containing caffeine.
- Baths are great if your child finds them relaxing. If however they are fearful of them or get overexcited they may not help in the bedtime routine. Ideally a bath should take place 30 minutes before bedtime as this aids relaxation by increasing the body temperature. It is the slow decrease in body temperature that helps us to feel more relaxed and nod off more easily.
- Get ready for bed in the same order – for example, pyjamas on, tooth brushing, toilet etc.
- Once in bed spend some time reading a bedtime story with your child.
- Give hugs and kisses and tell your child 'it's night time, go to sleep'.
- Wake them up at the same time each morning to help to strengthen their body clock.

For more information and advice, visit The Sleep Charity at thesleepcharity.org.uk or contact us on info@thesleepcharity.org.uk

Strictly Come Dancing's
Robin Windsor

Emmerdale's
Sapphire Elia

Britain's Got Talent Winner
Jai McDowall



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All camps Mon 20th Dec - Thurs 23rd Dec
9-4pm drop off from 8.30am
£19.99 per day, single day bookings available
Use online code WS25 for 25% off

Our Activity Professionals have additional training in order to provide the best care to the children under their supervision, specifically the Transcend Level 2 Award in Infection Prevention, Mitigation and Management.

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