



Curious Class Newsletter

Friday 11th March



Do you know how much sleep your child needs?

What can you do to help your child drift off at bedtime?

Do you have a bedtime routine in place?

The NHS suggest between 10 to 13 hours of sleep for a 5 year old. A suggested bedtime of 7pm if your child wakes up at 7am.

We have noticed a growing number of children feeling tired and overwhelmed by the afternoon. Getting enough sleep has many health benefits so here are a few tips to help your child get ready for bed.

- Avoid screens in the bedroom
- Tablets, smartphones, TV's and other electronic gadgets can affect how easily children get to sleep.
- Encourage screen time to end at least an hour before bedtime.
- Establish a good bedtime routine - Dim the lights to help produce the sleep hormone, melatonin. A warm bath before getting in their PJ's and enjoying a story together. Some children may like the sound of relaxing music to go to sleep to.
- [Sleep tips NHS](#)

Outside Learning



It's getting heavy!



We are preparing the flower beds for the tomato plants and sunflowers we are growing.



We have been having fun in the huge puddle in our outside classroom! We always remember our waterproofs!



We are really enjoying our growing topic and can't wait to see what our seeds grow into!



We absolutely loved being back in Forest School! It was so muddy and so much fun!



World Book Day



We had great fun with our Mes Amis class making puppets and sharing stories. We did an amazing job during the whole school parade, showing off our pyjamas and World Book Day costumes.

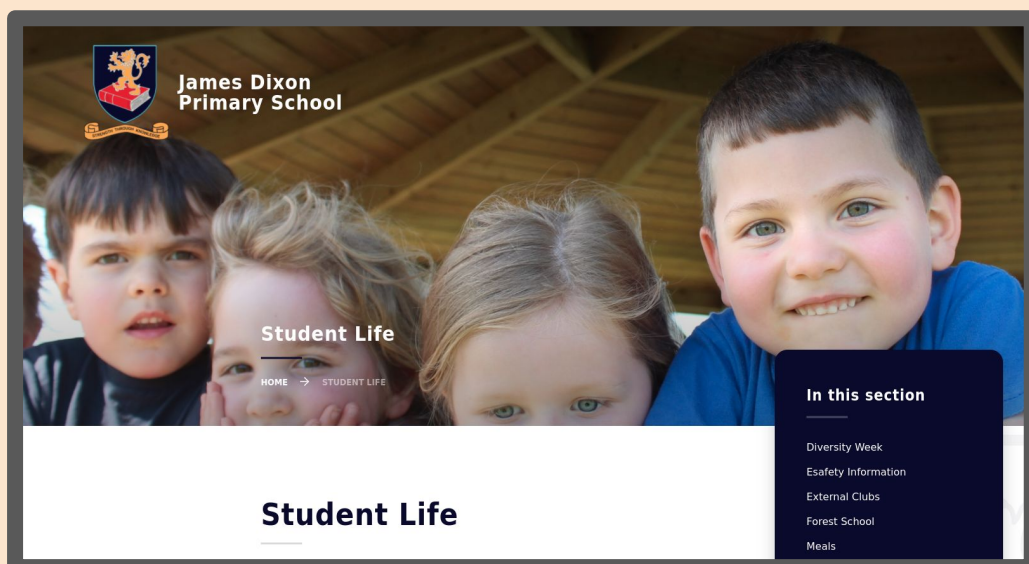
A huge well done to Curious class during the whole school assembly! We were very proud of their behaviour and listening skills.



Pyjama Day



School Uniform Reminder



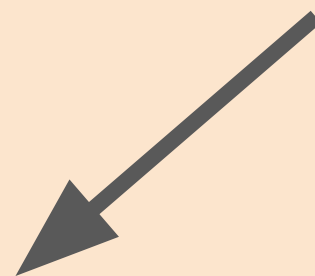
Key Stage One Uniform

All Key Stage One and Reception pupils (years R-2) are expected to wear a blue school shirt or polo shirt, with a navy blue jumper – this can be a school logoed jumper or a plain navy jumper. Navy blue skirt, dress, trousers or knee length shorts. On warmer days, children are allowed to wear a blue checked summer dress. Neutral coloured tights (navy, black, cream/white) and if a hijab is worn it should be navy blue or black.

Footwear

Flat black shoes or plain black trainers should be worn. If a pupil needs to wear wellington boots or warm boots to travel to school in comfort, they must have their normal school shoes with them to change into.

James Dixon Primary School is a Forest School. Each child should have a pair of wellington boots in readiness for their Forest School sessions.



We are also seeing a growing amount of toys and jewellery coming into school. We have reminded the children about our school rules and that these items must stay at home. This is because they are likely to get lost, and they sometimes become a distraction during learning. We would appreciate your support to keep these items at home.



Key Dates for this Term

These are subject to change

TBC - Local trip to Crystal Palace farm or Deen City Farm- We are awaiting confirmation of dates and times

Forest School- Can you send your child into school wearing their Forest School clothes and ensure they have their school uniform in a bag to change into after their session. Please send in spare socks as it is very boggy at the moment!

P.E is on Wednesdays - Please wear your P.E kit to school.