



HERE'S THE NEWS

SEPTEMBER 2017



Welcome to our new style Monthly Newsletter to keep you updated with news from Sugar Hill Primary. It has been a fabulous start to 2017-2018 with children settling quickly to new classes and school routines following our Transition Days in July.

This month saw the introduction of 30 hours' provision in our Nursery for eligible children and they have settled in so well to being in Nursery all day! Some children in Nursery attend just mornings or afternoons and it is lovely to see the children mixing so well during both morning and afternoon sessions. Fantastic!

On Tuesday 12th and Wednesday 13th September we were inspected by Ofsted. We are still waiting publication of our Inspection Report. Watch out for our October Newsletter to read more about their findings. Thank you to all parents and carers who responded to Parent View and who spoke with the Inspectors during their time with us. Although we cannot comment about the outcome of the inspection we can say how very proud we were of all the children, as we always are. They clearly demonstrated to the Inspection Team what it is like to spend your days at Sugar Hill Primary.

This month we would like to highlight information received from the School Nurse Team to support any families who may experience difficulties with 'sleep'.



Your Growing Healthy Team are here for all children and young people, providing support, encouraging healthy lifestyles and protecting those who are most vulnerable.



Sleep is a normal and essential part of our lives. It is important for growth, repair and rejuvenation. It is also a time when our brains process information and experiences from the day and strengthen brain connections.

How much sleep do we need?

Adults need on average eight hours of sleep each night; children of different ages require different amounts of sleep.

Age	Recommended Hours of Sleep
Babies 4-12 months	12-16 hours of sleep including naps
Children 1-2 years	11-14 hours of sleep including naps
Children 3-5 years	10-13 hours of sleep including naps
Children 6-12 years	9-12 hours of sleep
Teenagers 13-18	8-10 hours of sleep

What happens if we don't get enough sleep?

We all know how it feels to be tired! We feel lethargic and irritable. It's the same with children - children can become hyper, irritable and have extreme changes in behaviour. Lack of sleep also affects concentration and the ability to learn and retain information and can increase the risk of accidents and injury. In the long term chronic sleep deprivation may lead to a host of health problems including obesity, diabetes and heart disease.



Tips to help your child get to sleep!

- **Routine** - Having a bedtime routine and set bedtime can help your child to understand what to expect and how they should behave. A warm bath, reading a story and a warm milky drink can help your child calm down and relax; stick to the same routine every night - ensure they go to the toilet last thing before they go to bed.
- **Environment** - Make sure the room is a comfortable temperature - not too hot. Try to reduce noise and distractions. Some children like a dark room whilst others may prefer a night light.
- **Caffeine** - Caffeine is a stimulant that prevents sleep and is present in drinks such as tea, coffee, cola, energy drinks and fizzy pop. Limit intake of these drinks and avoid them altogether after lunchtime.
- **Food** - Eating a large meal before bedtime can prevent sleep. It might be helpful to make mealtimes earlier.
- **Exercise** - Children can have difficulty falling asleep if they have been inactive all day. Encourage activity during the day - even a walk in the fresh air can be

helpful, however, exercise should be avoided directly before bedtime as this can prevent your child falling asleep.

- **Technology** - The use of electronic devices such as televisions, mobile phones, tablets and computers close to bedtime can prevent your child from settling to sleep. This is because they produce light that suppresses natural hormones in the brain that cause sleepiness. These devices should not be used in the hours before bedtime and should be removed from the bedroom in order to create an environment that your child associates with sleep.
- **Self-settling** - If your child wakes at night it is important that they learn to self-settle rather than seeking a parent or going into a parent's bed. If they get up take them straight back to bed and do not engage in conversation. This may need to be repeated several times each night but it is important that your child learns that they will get the same response each time. It can be difficult to enforce and emotionally challenging but it is important to remain firm and assertive. Give praise in the morning if they stay in bed - using a reward/sticker chart can help to reinforce this.

Useful websites:-

www.thechildrenssleepcharity.org.uk

www.nhs.uk/Livewell/Childrenssleep

www.kidshealth.org/en/parents/sleep

Gemsters

Just before the summer holidays Dr Tom visited school and worked with Mrs Legge and our newly appointed 'Gemsters' to complete training in noticing 'Learning Powers' within classrooms. 'Gemsters' will be visiting classes Autumn Term (2) with Mrs Legge and helping children to develop 'Learning Powers' by giving classes 'Action Plans!' 'Gemster News' will be reported in future editions of our Monthly Newsletters.



Mini-Police

Our new Mini-Police have been appointed for 2017-2018. All Mini-Police applied for their positions and were interviewed by Mrs Legge and PCSO Daniela Jones. It is a real privilege to wear a Mini-Police uniform and be ambassadors for Sugar Hill and Durham Police. Traffic Surveillance outside school was the first engagement for Mini-Police 2017-2018.



Superb Traffic Surveillance Work Mini-Police!



Star Pupil Assemblies have now moved to a Monday morning. Classroom staff will choose a STAR PUPIL from the previous week to receive their 'STAR PUPIL AWARD' during department assemblies led by a member of the School Leadership Team.

Names of all STAR PUPILS will be added to our Weekly Newsletter that is uploaded to our SCHOOL WEBSITE and SCHOOL APP every Monday.

Class Attendance Percentages, number of pupils arriving late to school and dates for your diary are also added to the Weekly Newsletter.

Please check the website and download the SCHOOL APP to your mobile devices to keep up to date with school news and events.

Safeguarding at Sugar Hill Primary School



Just a reminder that Safeguarding children at Sugar Hill Primary School is a shared responsibility. All visitors to our school receive and sign for a Safeguarding Leaflet explaining Safeguarding Procedures at Sugar Hill. If you have any concerns about a child please contact a member of our Safeguarding Team at school without delay.

Designated Safeguarding Staff

Mrs P O'Rourke (Head Teacher), Mrs K Legge (Deputy Head Teacher/Safeguarding Lead), Mrs Rowntree and Mrs McCormack (Assistant Heads), Mrs Atkinson-Jones (Social Learning Mentor)

Many thanks for your continued support.

Should you have any concerns please do not delay in contacting us to discuss.

Parent/Carer questionnaires will be sent home after the half term holiday to capture your views and responses will be analysed with results published on our school website.

Coming next...



1. Ofsted Inspection Report
2. SNAG (School Nutrition Action Group) News
3. Information re Community Showcase planned for November 2nd 2017
4. Mini-Police Updates
5. Young Carers Charter
6. SENDAG (Special Educational Needs and Disability Action Group) Updates
7. SMSC (Social, Moral, Spiritual and Cultural) Working Party Updates
8. Sports News from Mr Foxton