

# The St Nicholas Post

5th January 2024

Dear Parents and Carers,

Happy New Year! I hope that you were all able to recharge your batteries after such a busy end to last year. I learned a new word over the break, 'Twixmas' the period between Christmas and the new year! I do hope that you all enjoyed Twixmas. I am proud of the children, they have come back to school with bundles of enthusiasm and have settled straight back into their learning!

The new year is a time of reflection and resolutions and in this spirit, we think about improving and making school life even better. Please help us to know what we are doing well and how we can improve by completing the questions on [this online form](#). We really value your feedback.

Here's to a happy, healthy and productive 2024!

Mrs Kennedy

## Good Night, Sleep Tight Challenge

We know that routines over the Christmas break can go out of the window! To help re-establish these routines we are setting the children, The Good Night, Sleep Tight Challenge! This challenge will support daily reading and healthy sleep routines, both vital for helping children make good progress in their learning and their behaviour and attitudes.

*“Quality sleep promotes healthy childhood development and supports learning. Conversely, not getting enough sleep can affect children’s health, memory, logical reasoning, behaviour, and emotional regulation”*

For the next four weeks your children can complete the challenge sheet coming home today (spares are available from the office or can be found [here](#)). They will have to record how long they read for, and their bedtime (the time set by you) Bedtime and reading are the perfect partnership, so we put them together: we hope it helps :)

[Click here](#) to find a very useful website on the importance of sleep

[Sleep hygiene in children and young people | Great Ormond Street Hospital \(gosh.nhs.uk\)](#) – Here you will find an information sheet from Great Ormond Street Hospital (GOSH) explaining about sleep hygiene. Having good sleep hygiene can help your child both to settle to sleep and to stay asleep.

[Sleep problems in young children - NHS \(www.nhs.uk\)](#) - Lots of young children find it difficult to settle down to sleep and will wake up during the night. For some people, this might not be a problem. But if you or your child are suffering from a lack of sleep, there are some simple techniques you can try.

**Good Night, Sleep Tight: The Challenge**

Name: \_\_\_\_\_ Class: \_\_\_\_\_

**The Challenge:** Have a healthy bedtime routine. You must go to bed at the bedtime that your adult tells you! Every night for the next four weeks you need to write how long you read for and what time you went to bed! To show that you've completed the challenge, your parent or guardian must sign at the end of the week. Remember practice makes permanent so practicing this for 4 weeks will help you to get good habits. Return the Challenge on Monday the 5th February.

All entries will receive 5 house points and a certificate. Entries will be placed in to a draw. Two boys and two girls will be selected from all returned challenges and will receive their prizes at the end of term. Winners will be announced on the school newsletter. **For the next week that you will be a happy, healthier person for having enough sleep!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	How many minutes did you read for?
Week 1	Read for: _____	_____				
Week 2	Read for: _____	_____				
Week 3	Read for: _____	_____				
Week 4	Read for: _____	_____				

ANY OTHER COMMENTS: \_\_\_\_\_

**Good Sleep:**

- Pace to sleep.
- Alert and concentrated.
- Healthy meals.
- Good bedtime routine.

**Why is sleep so important for our children?**

There is no doubt that sometimes bedtimes can be a tricky issue, but a good bedtime routine which settles children down for a good night's sleep can make all the difference to a child's learning and well-being. Sometimes, children seem to find ways to avoid bedtime and sleep. At times, it might feel like it's not worth the battle but...

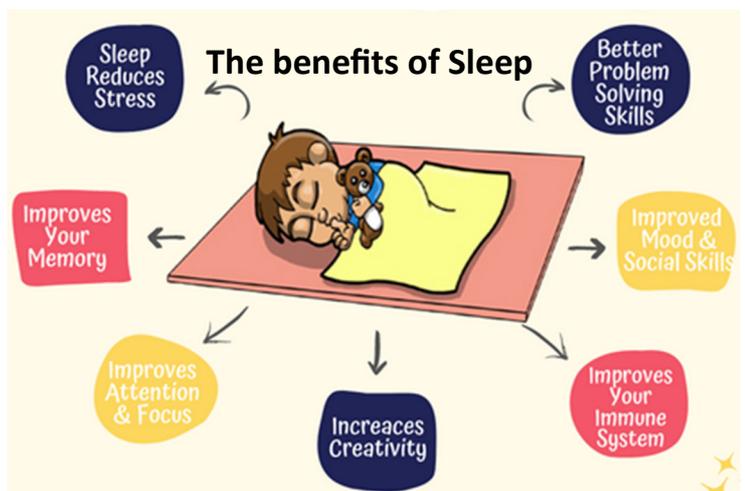
Experts studying the effect of poor sleep in children have discovered that children with less sleep than the recommended amount for their age, are more prone to illness, challenging behaviour and lack of concentration in class. This means that children who don't get the right amount of good sleep, with the right routines in place, could miss out on learning experiences because they are simply too tired to listen and take part properly.

**Bedtime Book!**

Reading in bed will mean that children are calmer down and learning at the same time so this is such an important part of the routine! With this in mind the challenge includes reading as part of the nightly routine. 20-30 minutes for children in years 3-6 and 30-20 minutes for years 6-2.

**NO PHONE ZONE**

Make bedtimes a tech free zone!



## Tub to Pub



Our Eco Ambassadors are really impressed with the tubs brought in so far! Mrs Hall has extended the deadline to give everyone a chance to eat the last few chocolates left in tubs. Please bring any tubs in by Friday January 12th and they will all be recycled :)

On a side note, it is clear that Quality Street and Roses have been pushed out and the most popular chocolates are Heros and Celebrations! Well at least at St Nicks!

## Too Much Selfie Isn't Healthy

This term's PSHCE (Personal, Social, Health and Citizenship Education) topic is, 'Too Much Selfie isn't Healthy' and is linked to our Christian value 'Kindness'. Across this term the children will be taking part in a #unselfie challenge. The idea is to spot someone being kind! When they do, they complete a #unselfie slip which will come to me ( Mrs Kennedy) I will share some of the kind deeds in worship and we will make a montage of all the #unselfie slips completed. If you spot your child being kind at home please do complete a slip! They are on the notice board on the way in, alternatively email their act of kindness to: [office@st-nicholas-brirchington.kent.sch.uk](mailto:office@st-nicholas-brirchington.kent.sch.uk)



### #unselfie

*Freya stopped to let me through the gate at the end of the day*  
Mrs Kennedy 😊

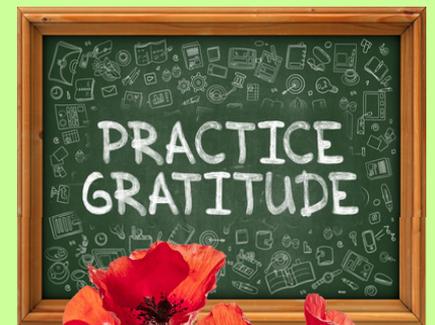


## Too Much Selfie Isn't Healthy!

Exploring the importance of others and how to love them well.

Thank you to all of our families for the contributions that you made to the Royal British Legion for Remembrance day. We raised just under £200.

Thank you to the year 6 children who sold the poppies and other merchandise in the cold November weather.





### Key dates—Term 3

2nd Jan	INSET Day—School Closed
3rd Jan	Start of Term 3
15th Jan	Primary school applications close
15th Jan	Year 6 Lancaster model questionnaire
19th Jan	Moses workshop Year 5 (In school visitor)
22nd Jan	Year 4 Canterbury Roman Museum Trip
23rd Jan	Year 3 Viking Day (Workshop in school)
2nd Feb	NSPCC Number day
6th Feb	Safer internet day
9th Feb	End of Term 3
19th Feb	Start of term 4
1st March	EYFS hearing and vision screening
5th MArch	Dental workshop in Buttercups
7th March	World Book Day
28th March	Easter Service at the church (timings TBC)
28th March	End of term 4
29th March	Good Friday Bank Holiday

## Attendance

Sometimes its hard to know when to send your child in and when to keep them home. [Here is a useful link](#) to know if it's okay to send your child to school.





**TOTAL SPORTS**  
COACHING



SATURDAY SOCCER SCHOOL

2 FREE Sessions – 6th & 13th January

Every Saturday

9am – 10am

Ramsgate Football Club

Price's Ave, Ramsgate CT11 0AN

Scan the QR code to book your  
FREE sessions



You are the most important people in your child's life—so a strong positive relationship between us is crucial in making sure children are happy and thrive at school. A few tips:

### 1 Listen to them read

This is so important - even if it's a book they've already read, or you read some, they read some. Share books together, make it enjoyable.

Model reading: It is so vital



### 2 Try to find out about their day

You'll be met with the inevitable 'nothing'.

Ask questions around it:

What sound did you do in phonics?

Who did you play with? What made you proud today? What did you learn in maths?



### 3 Don't push if they won't tell you

Try feeding them before you ask them. Wait a while and try a different question later. They may need some down time before they talk to you about their day.



Chose your time :)

### 4 Home work—if it's a battle, stop

It doesn't help anyone to have a screaming session regarding homework. If it is causing your child to be upset—stop and talk to the teacher about it. It can be hard enough fitting it into busy family life without tears—sometimes from both parties!



### 5 Get both sides of a story

If your child has come home upset, of course you want to know why. Ask the school for their view. Children don't always tell it exactly how it was. When we work together we will more likely have all the information.

### 6 Use our website

Our website has lots of resources for you to support your child. Like the calculation policy, reading suggestions and questions to support reading. Videos, links and dates for you to attend workshops.

<https://www.st-nicholas-birchington.kent.sch.uk/>

### 7 Raise a concern early

Don't let it fester! We don't want you to have a niggle that could grow. Talk to us straight away, a 5 minute chat could save a lot of worry later. We want to resolve issues as much as you—but we need to know them.



### 8 Ask how you can help

We are always happy to pass work your way! Be specific, ask about a particular subject, how can I help with their spelling? What can I do to help their adding? What vocabulary do they need for this topic? What sounds are they finding hard...

### 9 Don't moan in front of the children

We are all allowed to have a moan—I know I did about my children's schools (only occasionally)

Don't let the children hear, they listen to everything and it shapes their view of school. We must be a team and be seen to be a team.



### 10 Remember...

We want the same as you! Happy, safe children who learn and work hard. A school where kindness is the default and our school family is united.

**We may not always get it right, but we never, ever set out to get it wrong.**