

09.03.24

## St. Mary's

Church of England Primary School  
Kirkby Lonsdale



Nurturing creative thinkers . . .

Honesty



Trust



Responsibility



Perseverance



Respect



Dear Parents,

What an extraordinary journey we've had through the magical realm of books on World Book Day! Our school was buzzing with excitement as students embarked on a voyage of discovery through the pages of their favourite stories. From visiting the library to participating in paired reading sessions, escape room challenges, and team-building activities, it was a day filled with adventure and imagination.

The highlight of the day was undoubtedly the whole school reading of "The Journey" by Aaron Becker. This captivating tale took us on a breath-taking adventure through a world of wonder and creativity. It was heart-warming to see our students engrossed in the story, eagerly turning each page to uncover its secrets.

Throughout the day, our students embraced the spirit of World Book Day with enthusiasm and creativity. From dressing up as their favourite literary characters to participating in themed activities, they truly embraced the day with aplomb. Thank you for your effort in preparing outfits and costumes.

We were also delighted to welcome a special guest, Mrs. Trunchbull whose visit added an extra layer of excitement to an already unforgettable day.

We would like to extend our heartfelt thanks to all the teachers and staff who worked tirelessly to make World Book Day a resounding success. Their dedication and passion for promoting literacy and a love for reading have truly made a difference in the lives of our students.

As parents, your continued support and encouragement play a vital role in nurturing a love for reading in our children. We encourage you to continue fostering a reading culture at home by providing access to a wide variety of books and engaging in meaningful discussions about the stories they read.

If you are thinking about giving Easter books, here are some suggestions for books:

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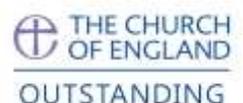
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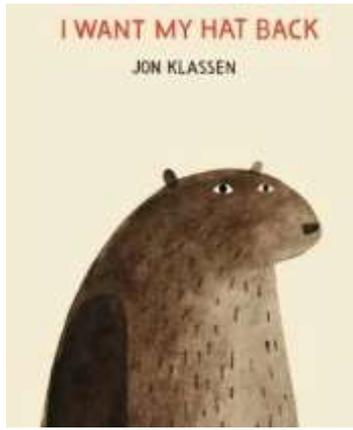
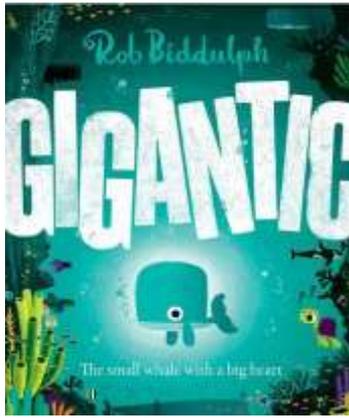


Perseverance

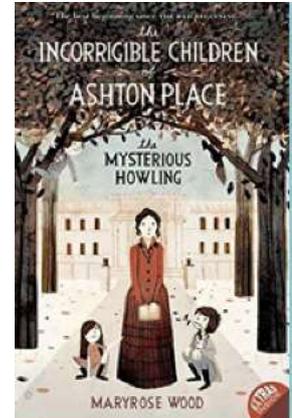
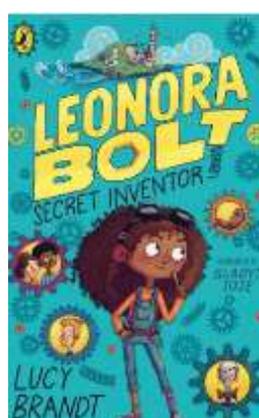
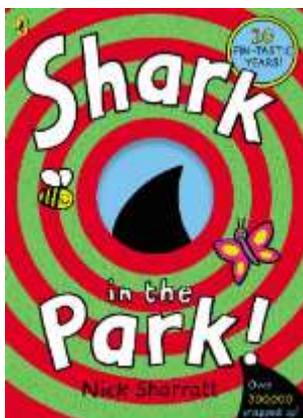
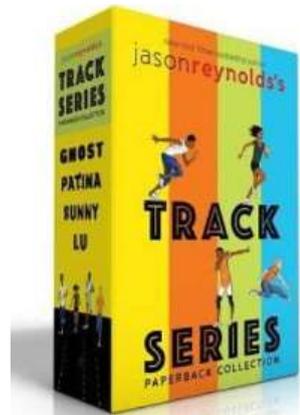
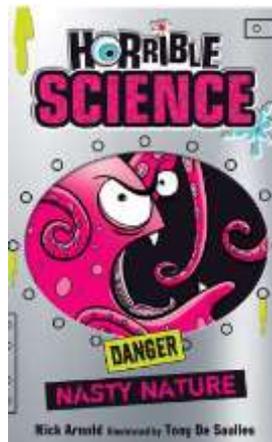
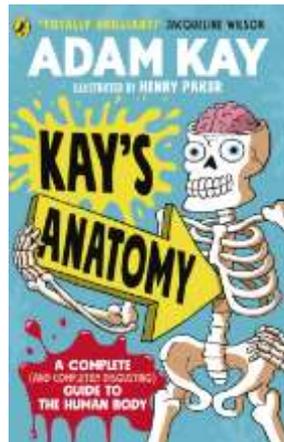
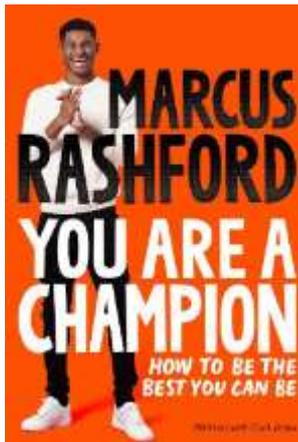


Respect





Local Author: Tom Palmer



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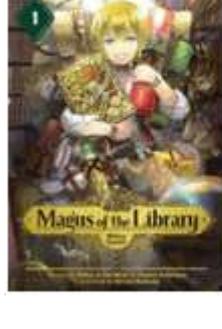
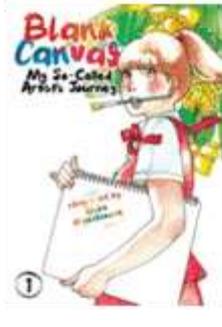
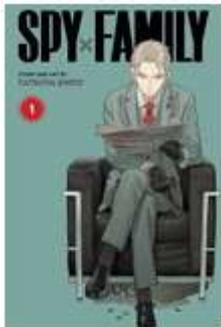
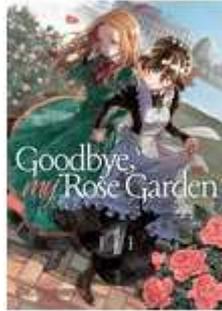
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## **Sleep and night time issues for children.**

As a school community, we understand the importance of ensuring our children get the rest they need to thrive academically, emotionally, and physically. However, in today's fast-paced world, children are facing a myriad of challenges when it comes to sleep, and as parents, navigating these obstacles can be daunting. That's why I wanted to take a moment to address some common sleep challenges faced by children and offer support and guidance to help you navigate these issues with confidence.

Children on the autism spectrum often face unique challenges with sleep. Sensory sensitivities, difficulties with transitions, and heightened anxiety levels can all contribute to sleep disturbances in this population. Understanding and addressing these specific needs is crucial for supporting children on the autism spectrum in achieving better sleep quality. Collaborating with specialists and implementing tailored strategies can make a significant difference in promoting restful sleep for these children.

Additionally, many children experience anxiety when it comes to sleeping away from home. Whether it's a sleepover with friends, a family holiday or school visit, the unfamiliarity of new environments can trigger stress and apprehension in many children. As parents, providing reassurance and helping our children develop coping strategies for managing their fears can make a world of difference in promoting restful sleep during these times.

Furthermore, establishing consistent bedtime routines is essential for setting the stage for a good night's sleep. However, these routines can be disrupted by various factors, including the presence of screens before bedtime. Instead of winding down with a book or engaging in calming activities, children may find themselves scrolling through social media or playing video games. By prioritising screen-free bedtime routines that promote relaxation and calmness, we can help our children transition more easily into sleep and improve the quality of their rest.

One prevalent challenge many families encounter is the excessive use of screens before bedtime. In our digitally connected society, it's all too easy for children to spend hours on smartphones, tablets, or computers, even when it's time to wind down for sleep. However, the blue light emitted by these devices can disrupt the body's natural sleep-wake cycle, making it harder for children to fall asleep and stay asleep throughout the night. By encouraging screen-free bedtime routines and setting clear boundaries around screen time, we can help our children develop healthier sleep habits.

For some families, children coming into their parent's beds can be a great challenge that families need support with, as this proves disruptive and challenging to deal with.

Lastly, some children may face other challenges, such as bedwetting, that disrupt their sleep. Nocturnal enuresis, or bedwetting, is a common issue among children, and it can create significant stress and embarrassment around bedtime. Seeking guidance from healthcare professionals, such as a general practitioner or school nurse, is crucial for addressing

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underlying issues and finding effective solutions to manage bedwetting and promote better sleep quality.

As parents and caregivers, it's essential to recognise the importance of addressing children's sleep challenges and to seek support when needed. By working together as a school community, we can empower our children to develop healthier sleep habits and thrive both inside and outside the classroom.

We know that some families might be struggling and we don't want families to be alone and we want to empower families to deal with these issues. GPs are really supportive about these issues but also the School Nurse Team are trained and experts in supporting families. Here are the contact details for the school nurse team and should you need support, we hope you will find advice, understanding and support through by getting in touch.



# E-School Nurse Video Clinics

(By appointment only)

Twice weekly **online health support and advice for parents, carers and professionals who are supporting children and young people aged 5-19 years old.**

## Tuesday and Thursday

You will be able to talk to the nurse over a live video link using [Attend Anywhere](#). The link is private, secure, confidential and convenient.  
In consultation with you, the nurse will assess the child or young person's health problem and provide you with the support and advice needed.

For more information on the **E-School Nurse video clinic** Please read the information leaflet or visit:  
[www.cumbria.gov.uk/ph5to19](http://www.cumbria.gov.uk/ph5to19)

You can telephone for an appointment  
**01228 603973 Mon-Fri 8-4pm**



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## Bingo Night



## Save the Date

### Friday 15<sup>th</sup> March

Science week – Parents are invited to classes at 2:45pm to see the children's science work in action at the end of this exciting week.

### Thursday 28th March



**Easter Music Concert**

**10-11am**



**Parent and Family Class Visit**

**11-12noon**

A chance to see your child's work and talk to them in class about their learning. Parents and Family all welcome.

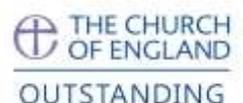
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## End of Term (1pm)



Please note we have an INSET day on Monday 15<sup>th</sup> April

Summer term starts on Tuesday 16<sup>th</sup> April.

## Chroming

If you are a QES parent, you will already be aware through school communications with parents about a recent death of a boy in Clayton Le Woods, as a result of a TIK TOK Challenge. The information provided valuable information for parents about the growing issue around inhalants amongst young people nationally. We thought it appropriate, to share information with you also, so you can become aware of this growing problem and inform your children and family.

Chroming : Inhalant use is often generally referred to as 'chroming', but chroming is only one of a number of methods commonly used. Chroming involves spraying (chrome) paint from an aerosol can into a plastic bag and then breathing in the vapours from the bag.

<https://www.lancasterguardian.co.uk/news/people/boy-11-died-after-tiktok-craze-went-tragically-wrong-say-family-4544847>

**Inhalants**

**Inhalants AKA solvents, glue, gas, sniff, sniffing, huff, chroming, poppers**

**What are they?**

Inhalants are vapours or fumes breathed in through the nose or mouth.

Many everyday products have been used as inhalants, including glue, aerosol sprays, cleaning fluids, correction fluids, lighter gas, paints and petrol.

Inhalants are often inhaled by sniffing or 'snorting' fumes from containers, spraying aerosols directly into the mouth or nose, spraying or placing the product in a paper or plastic bag and then inhaling, by huffing from an inhalant-soaked rag, or inhaling from balloons filled with nitrous oxide. Using inhalants is even more dangerous when used in enclosed spaces, combining with other drugs or medications or mixing with physical activity such as running around.

**There is no safe way to use inhalants**

**What do they do?**

How inhalants effect you depends on how much you inhale, what you have used before (and how much), whether you are using it on its own or mixed with something else, your size and the kind of mood you are in.

Inhalants often make you feel high, intoxicated or disoriented. They will slow down your coordination, judgement and response times but they will not necessarily make you feel depressed.

Most inhalants slow down the body's functions. If large quantities are inhaled they can quickly cause intoxication, which usually lasts only a few minutes. Some of the effects include feeling dizzy and light-headed, feeling confident, excited and wanting to laugh.

Inhalants might give people a 'rush' but there are also some pretty unpleasant effects including:

Slurred speech and blurred vision.	Feeling thirsty	Being unable to coordinate your movements and slowed reflexes
Dribbling, sneezing or coughing	Feeling tired after the initial high	Nausea (feeling sick and wanting to vomit), headaches and feeling 'hung over'
Nose bleeds	Hallucinations (seeing or hearing things that are not there)	Risky behaviour, including aggression and violence, accidents and injury, and unwanted sex.

Repeated use of inhalants can feel good at first but they can make you feel less inhibited and less in control.



You will receive a letter very soon detailing the following – please can you engage with this survey to support information about active lives and it will also support our school financially:



Dear Parent / Guardian,

### Survey about sport and physical activity for children and young people

Our school and Sport England would like to find out about the sports and physical activities our pupils take part in, both in and out of school. The information collected will be used to:

- **Provide a report to our school** to help us understand what our pupils are doing and what we can do to support them
- **Help Sport England invest** in opportunities for children and young people to take part in and benefit from sport and physical activity.

Your child's Year 2 class has been selected to take part in the survey. An explanation of what the survey will cover will be provided to your child before they complete in class and they can tell their teacher if they do not wish to take part. **If you do not want your child to take part, please let Mrs Hackett know.** If you are happy for your child to take part, you do not need to do anything.

Our school and Sport England would also **like you to complete an online survey about your child.** It will take about 10 minutes. It's important that a range of parents take part no matter how much activity their child does. You can complete the survey on a computer, laptop, tablet or smartphone. Please use the link below to access the survey.



[Please complete this survey thinking about your child\(ren\) in Year 2 You may find it helpful to complete the survey with your child\(ren\).](#)

**Sport England will give our school credits worth £10 to spend on equipment for every parent who takes part.**

The surveys are hosted by Ipsos, a research organisation. Ipsos will store all information securely and keep it confidential.

We hope that you will be able to take part in this important study. Thank you in advance for your help.

Many thanks,

Mr Yates



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