



# Linchfield Community Primary School

## Newsletter

11<sup>th</sup> December 2020



Dear Families

We are in full festive flow here at Linchfield with Christmas trees, decorations, naughty elves and today, some fantastic Christmas jumpers! We are also holding our class Christmas parties today. Everyone is looking fabulous and we are all having lots of fun!



I am so excited to share our Christmas performances with you, albeit not in the usual fashion, as of course we were unable to welcome you all into school this year. Nevertheless, the children have still put so much effort into their performances and I'm really proud of each and every one of them!

Don't forget the last day of term is next Thursday 17<sup>th</sup> December. We return to school on Monday 4<sup>th</sup> January.

Have a wonderful weekend!

Mrs S Ratchford and the Staff at Linchfield

### School Information

email	Website	Social Media	
<a href="mailto:enquiries@linchfield.lincs.sch.uk">enquiries@linchfield.lincs.sch.uk</a>	<a href="http://www.linchfield.lincs.sch.uk">http://www.linchfield.lincs.sch.uk</a>	 @linchfield_cit	 <a href="https://www.facebook.com/Linchfield-Community-Primary-School-103768004798801">https://www.facebook.com/Linchfield-Community-Primary-School-103768004798801</a>
If you have any enquiries about school contact us by emailing and add 'For the attention of ....' The office or staff will endeavour to email back a reply and answer any questions as soon as they can.	The school website will keep you up to date with all relevant school information	We will be using our social media pages to update you on anything exciting your children have been doing in school over the week. Please take a look to see what we have been up to at school.	

## **We don't want Covid nor isolation for Christmas – please help!**

We have 4 days left of school next week and a closure of a class bubble due to a positive Covid test will mean all the children and staff affected in the **class will not be able to spend Christmas with family outside of their household.**

It is very important that **if your child or a member of your household is unwell at all next week with any of the recognised symptoms that they do not come in to school.** If in doubt keep them at home and get a test. I know that no one would want to be responsible for affecting the Christmas festivities for 30 or so families so please call 111 or 119 for advice should your child or any member of your household be unwell.

The last day of school is Thursday 17<sup>th</sup> December. If your child tests positive for Covid between the 18<sup>th</sup> and 23<sup>rd</sup> December please ring the school mobile phone on **07395 182895** so that we can contact any potentially affected children and inform them to isolate as necessary. Any cases after these dates will be picked up by the Test and Trace process.

Thank you for your continued support in ensuring the school is as safe from Covid as possible. Please follow the guidance and keep our community safe and protect each other's family time at Christmas.

### **Christmas Productions**

Over the last few weeks the children have been working hard on their Christmas performances. These have now been uploaded onto Seesaw for you all to enjoy

### **Email**

During the school holidays school will not be picking up emails until school reopens on Monday 4<sup>th</sup> January 2021. If you have an emergency please ring the school mobile phone on **07395 182895**

## **Support for parents in school: Anxiety Workshop**

Last week we successfully ran an Anxiety Workshop and for those that couldn't attend we are running it again!

2020 has been a year of differences shall we say and with this has come lots of changes. This can sometimes have an impact on how we are feeling and can cause some anxieties!!!

Some of these factors can contribute to the children feeling worried and anxious but it can be caused by something completely different and they do not even know why they feel that way. We know, we see it too and sometimes it can break our hearts seeing them so upset and not knowing if there are things you can do to help. Well there is some help available, with the support of NHS Healthy Minds Lincolnshire. Mrs Roberts would like to invite you to a live zoom workshop chat about worries and anxieties on **Wednesday 15<sup>th</sup> December 2020 at 9:15am**. You are able to join following the details below. Do not worry for those who unable to attend, we will record the session and upload to the website.

Join Zoom Meeting

<https://us02web.zoom.us/j/9214350090?pwd=c2QzMDFUMEd3UIRMd0QvY09lZWZlZz09>

Meeting ID: 921 435 0090

Passcode: 162158

# Support for Families

## SLEEP PROBLEMS AND BEDTIME ROUTINES



Does your child frequently wake you up at night because they can't sleep?

Are they restless around bedtime?

Do they struggle to get to sleep or go to bed?

With these tips, you can help your children fall and stay asleep (and get some relief yourself!).

Many sleep problems are linked to bedtime habits and daytime behaviour that you can work with your child to change. The good news is, with a little patience and discipline; you can get them on track to more restful nights.

Before you determine if your child has a sleep problem or disorder, it will help to understand children's unique sleep needs.

To function at their best, children and teens typically need more sleep than adults. Below outlines the recommended hours that developing children should spend in slumber:

Infants (4 to 12 months) 12 to 16 hours (including naps)

Toddlers (1 to 2 years) 11 to 14 hours (including naps)

Children (3 to 5 years) 10 to 13 hours (including naps)

Children (6 to 12 years) 9 to 12 hours

Teens (13 to 18 years) 8 to 12 hours

## Signs that your child isn't getting enough sleep

- Is Hyperactive
- Often seems cranky/moody, irritable or over emotional
- Falls asleep at inappropriate times
- Needs to be woken in the morning, sometimes multiple times
- Lacks interest, alertness, motivation, and/or an attention span
- Seems drowsy at school or at home during homework
- Has academic struggles
- Has trouble falling asleep
- Falls asleep during short car rides
- Experiences night terrors/sleepwalking for the first time
- Needs regular naps
- Exhibits loud snoring, breaks in breathing, or extreme restlessness at night
- Has anxiety about being separated from you during the day and night

## Bedtime routines for a better nights sleep

Establishing and enforcing a consistent bedtime routine will help prepare your child for a calming and relaxed good nights sleep. Here are some hints and tips:

- **Setting the mood-** To get your child ready for sleep, start establishing a relaxing, pre-bedtime routine. This should last about 20-45 minutes and include one or two soothing activities. One example could be having your child take a bath and then reading them a story. Most importantly make sure the routine DOES NOT involve television, a smartphone, or other electronics. The blue light emitted from these devices disrupts the body's sleep/wake cycle and makes it more difficult to fall asleep
- **Enforcing the limits-** If you start establishing a routine where previously there was none, don't be surprised if your child resists. You can give them a hug or a kiss to comfort them but try to keep contact brief rather than prolonged. Your child needs to learn to self-sooth rather than be reliant on having someone around to sleep.
- **Positive reinforcement-** Setting up a reward system, like a sticker chart, might provide an incentive for good sleep behaviour. It's most effective if they can earn a small reward immediately, like a sticker first thing in the morning. More frequent smaller rewards also generally encourage better results than fewer larger ones. Goals must be attainable, with more challenging benchmarks implemented over time. For example, you might start giving a child a sticker just for sleeping in their own bed all night, even if it takes several attempts to get them settled in.

## Building daytime habits that support a happier night time

- Make sure your child uses the bed only for sleep. Try to encourage them use the bed only for sleep or a pre-bedtime ritual (reading a book, for example). Otherwise, the brain will subconsciously start to associate the bed with other activities.
- Try to keep the same sleep schedule, even on weekends. This will make it easier for your child to wake up and fall asleep naturally.
- Encourage an active lifestyle. Regular exercise prevents restlessness at night. An hour every day is the recommended amount. However, try to keep your kids from vigorous activity within three hours of bedtime.
- Make sure the bedroom is comfortable and quiet, not overloaded with toys or too hot or cold.
- Again... Limit technology!!!