



Stebon Primary School's Burdett Gazette

Website: www.stebon.org.uk

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18.11.2022

Issue 10



Let's talk about ... **sleep**

What's so important about sleep? It's not something that happens in school (usually) so why are we talking about it?

Well, where do I start? Of all the activities we engage in in our lives, sleep may be one of the most important to get right. As a headteacher, I'm all about learning; how do we make sure children are learning as much as they can? It turns out that sleep plays a much bigger role in learning than you might imagine.

Your child's brain needs sleep to restore mental & physical resources that were used up during the day. A well-rested brain can **solve problems**, **learn new information** and **enjoy the day** a lot more than a tired brain. Some areas of your child's brain are even more active while they sleep.

Children who regularly get a good night's sleep:

- are more creative
- can concentrate on tasks for longer
- have better problem-solving skills
- are better able to make positive decisions
- are more able to learn and remember new things
- have more energy during the day
- can create and maintain good relationships with others



So children who sleep well **learn more**, they're **healthier** & they're **happier** too! Who wouldn't want that for their kids?

OK, so how much sleep do children actually need? Recent research suggests that children aged 6-13 function best when they get between 9 and 11 hours' sleep a day. Children aged 5 & below need even more.

How can I help my child sleep better?

- For most kids, sleeping comes pretty naturally. Here are some tips to help them get the sleep they need: Turn off the TV, computer, and other devices, including mobile phones, at least 1 hour before it's time to sleep.
- Follow a bedtime routine that is calming, such as having a bath or reading.
- Don't have drinks with caffeine in them, especially in the late afternoon and evening. Don't watch scary TV shows or movies close to bedtime because these can sometimes make it hard to fall asleep.
- Try going to bed and waking up at the same time every day, even on weekends. This helps your body get into a routine.

Why not give it a go & see what works for you?

Have a great weekend and ... sleep well!

Jeremy
Headteacher





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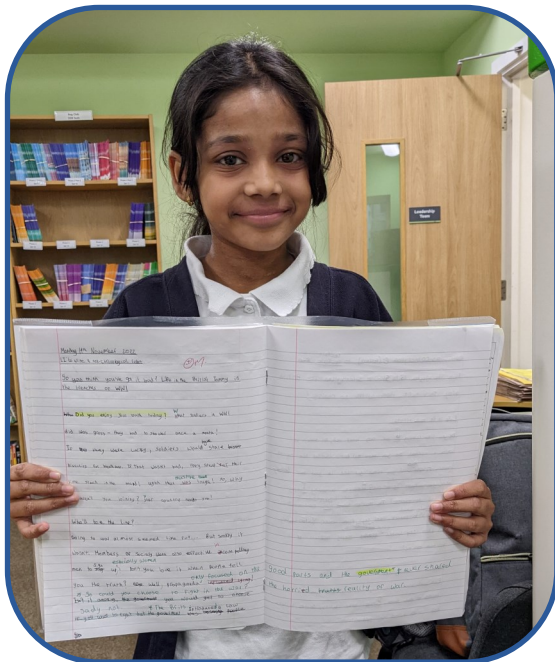
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Aysa (Y6 Joy Adamson class) has produced an absolutely brilliant information text about life in the trenches during WW1. It is funny and incredibly informative, with some great detail included. Well done, Aysa, and indeed the whole of Y6 on some great writing!

Read Aysa's work below

'Li: to write a non-chronological text

So you think you've got it bad? Life in the British Tommy in the trenches of WW1

Did you enjoy your bath today? What soldiers in WW1 did was gross—they had to shower once a month! If they were lucky, soldiers would have stale biscuits for breakfast. If that wasn't bad, they spent their time stuck in the mud! Ughh that must've been tough! So, why aren't you joining? Your country needs you!

Who'll toe the line?

Going to war almost seemed like fun... But sadly it wasn't. Members of society were also effective in compelling men to sign up, especially women! Don't you love it when people tell you the truth? Well, propaganda only focused on the good parts and the government never shared the horrid realities of war. So could you choose to fight in the war?'

School photos

For FREE DELIVERY to school, please order before Monday 21 November 2022.

We have made note of the children who were absent last week or did not have their sibling photos taken and have booked an additional session for these photographs to be taken on **Tuesday 29 November 2022.**

Thank you for your patience while we have been organising this.



Birthday treats reminder

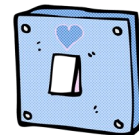


As a school, we are committed to promoting a healthy lifestyle and would encourage parents to provide fresh fruit as a treat to be shared in class for birthdays.

However, if it is your child's birthday and they would like to bring in some chocolate to share with their class, this is absolutely fine but this will be limited to 1 fun size piece per child in their class, we would also request that all chocolate containing nuts be removed before being brought into school.

Any other foods brought in for a child's birthday will not be shared with the class and be returned back to parents. The only exception to this would be fresh fruit.

Switch It Off Day! - Thu 24 Nov



Switch It Off day is part of the [EDF Switch It Off](https://www.edfswitchitoff.co.uk/) fortnight. We have taken part twice before with all teachers, teaching that day without the use of tech such as Chrome books etc.

Classes were very careful of their electric consumption, ensuring lights and computers were switched off and no charging during the teaching day.

The impact of the day is measured by the Eco-Protectors, who take a meter reading the same day the week before, on the actual day and the week after, to gain a comparison on our energy consumption for that day.

You can take part at home too by avoiding the use of electronic devices and turning lights off. What are other ways we can reduce out energy consumption?



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PLEASE ARRIVE VIA THE FRONT SCHOOL OFFICE
(ENTRY IS FREE)

**YEAR 1 & RECEPTION
PRESENT**

An Angelic Mini-Nativity **cheeky cherubs** by Niki Davies

Tues 13th Dec 2:30 - Y1 MF & Rec VVG
Wed 14th Dec 2:30 - Y1 JEH & Rec BP
Thurs 15th Dec 2:30 - Y1 AA & Rec AS



2022 Christmas Calendar

Mon 21 Nov - Fri 2 Dec

Christmas decoration making

Fri 9 Dec

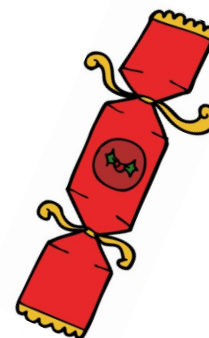
Christmas Jumper Day & Christmas Lunch

Come to school in your festive jumpers!
Lunch menu details will
be shared soon.

Monday 12 December

Christmas parties

More details to come
soon!



Tuesday 13 December

Year 1 MF & Rec VVG Nativity

Wednesday 14 December

Year 1 JEH & Rec BP Nativity

Thursday 15 December

Year 1 AA & Rec AS Nativity

Friday 16 December

Last day of term - school
finishes at 1:30pm for all
pupils



SSF DATE 2023

DATE CHANGE!

**Wednesday
29th March
2023**

A date for your diaries Year 4 parents & carers!
Next year's Year 4 Shakespeare Schools Festival
performance date is Wednesday 29th March
2023 at The Greenwich Theatre. More info soon!



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Mount Everest Explorers have been learning about constellations!
They did a great job creating their own, linking them to different nursery rhymes or fairy tales.
Humaira and Olly thought they were all stars!



Year 1 Jessica
Ennis Hill class had
lots of fun
identifying and
drawing different
instruments in
music!

