

20TH SEPTEMBER 2024

It was lovely welcoming our Year 3 parents and carers into school on Wednesday this week for our Open Classroom event. It was enjoyable to watch the children showing their adults around their new classrooms and proudly showing them the work they have completed so far this term. Thank you all for taking the time to pop in and see us. Please get in touch if we were not able to answer all of your questions on the evening.

Children may bring a healthy snack with them to eat at playtime if they wish: snacks such as vegetable sticks, cheese strings, yoghurt pouches, fruit or cereal bars. Children should bring their snacks in their bags, not their lunchboxes/sandwich bags please. Snacks can be left in bags or trays until playtime.

We have not been back at school long and we are already seeing some very tired children telling us about some very late bedtimes—please don't worry, we don't always believe everything we are told, but I have popped an NHS Sleep Factsheet on the back of this newsletter in case it is of any help to anyone who struggles as much with bedtime routines as we do at home!



**Please remember that I am still *unable* to authorise any term-time leave of absence requests this year and, in the majority of cases, these will incur fines. These requests should be made in advance and not retrospectively please.**

Kind regards,  
Mrs J Hill

## Pupil Flu Vaccinations

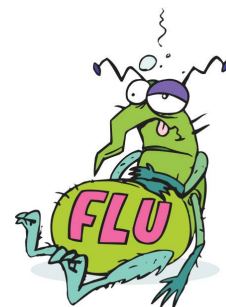
We sent out messages on Parent App this week about how to sign your child up for this season's flu vaccination but a number of parents are still not signed up for the app, despite a number of text invites! Please see details below if you missed it.

Dear Parent/Guardian,

If you would like your child to receive the flu vaccine in school this year, please follow this link to complete an online consent form. If you would like to decline, please complete a **no consent** form on the same link.

<https://nhslmms.azurewebsites.net/session/a9350041>

The vaccinations will take place at school on **Tuesday 22<sup>nd</sup> October 2024**. The link will close on the **8<sup>th</sup> October 2024**. If your child has already had the Flu vaccine elsewhere since Sept 2024, please disregard this message. **If you have any problems accessing the link, please telephone 0333 3583 397 option 5.**



## Dropping off and Collecting from school arrangements

### Walking Alone

We have had a few questions in the office about children walking to and from school by themselves so thought we would share with you some advice that may help in making this decision as there is no 'rule' as such around this. We do suggest that walking to school alone or with friends is something that children do **when you feel they are able to and if you are confident their route to school is safe**. We do ask that parents ensure their children know what to do if there is no one at home as expected when they arrive after school—how to get in, who to call, etc.

### Mobile Phones

As we are aware that many children live within a short walk of school and that, particularly our Year 6 parents may want their children to walk to and from school in preparation for secondary school next September, we introduced a [Pupil Mobile Phone Policy](#) to allow children to bring a mobile phone to school so that they can let their parents know they have arrived safely in school. This is **not essential**—we do not **insist** that children do this—you do not have to go out and buy a phone for your child! Please request a permission form from your child's class teacher or the school office before your child brings a mobile phone into school.



### Cycling



Governors have agreed a [school policy](#) that only children who have completed Level 2 Cycling Proficiency can cycle to school alone. Level 1 and 2 training is delivered to Year 5 children free of charge by Cycle Derby in the summer term. All children are welcome to cycle or scoot with an adult and use the school cycle shelter. We do insist that children who cycle to school on roads wear a helmet please.

### Collection

If you need to ring the school office to change collection arrangements or to get a message to your child before home time, please can you try to do this before 3:00pm as it is difficult to pass messages onto the children once they have gone into assembly.



### Drop Offs

We cannot allow children to be late each morning because you are dropping off siblings at other schools. Please consider using the [Before School Club](#) at Ridgeway Infant School next door which is open from 7:30am each morning—staff will drop Gayton children at school in time for the start of the school day.

There are no staff on duty at the front of school before the doors open at 8:45am and children should not be left outside alone and children walking by themselves should not arrive too early.

### Parking

**PLEASE** be mindful of our neighbours when you are parking locally to drop off or collect your children near to the school. We are aware that parents are still blocking residents' drives when parking and we would remind you to be considerate of where you park please. **PLEASE** also try to avoid driving down the last section of Gayton Avenue, up to the school gates. I spotted two near misses this week when cars reversed onto the pavement to turn around and almost hit parents and children walking up to the gates. **THIS IS AN ACCIDENT WAITING TO HAPPEN. PLEASE** consider adding 5 minutes to your school run, parking further from school and walking.



**2024/25 DATES**

Friday 27th September	AM	Year 6 Weights & Measures—School Nurse Visit
Monday 30th September	AM	Individual & Family Photographs
Tuesday 1st October	All Day	Year 3 Markeaton Park Trip—see letter
Wednesday 2nd October	9.30-11.00am	Coffee Morning
<b>Tuesday 22nd October</b>	<b>9:15am</b>	<b>Pupil Flu Vaccinations</b>
Friday 25th October	3:30pm	Break up for October Half Term
<b>Thursday 31st October</b>	<b>Midnight</b>	<b>Deadline for Secondary School Applications for 2025</b>
Monday 4th November	All Day	INSET 2
Tuesday 5th November	8:55am	Autumn 2 Term starts
Friday 20th December	3:30pm	Break up for Christmas Holiday
Monday 6th & Tuesday 7th January 2025	All Day	INSETS 3 & 4
Wednesday 8th January	8:55am	Spring 1 Term starts
Friday 14th February	3:30pm	Break up for February Half Term
Monday 24th February	8:55am	Spring 2 Term starts
Friday 4th April	3:30pm	Break up for Easter Holiday
Monday 21st April	All Day	Easter Monday
Tuesday 22nd April	8:55am	Summer 1 Term starts
Monday 5th May	All Day	May Bank Holiday
Friday 23rd May	3:30pm	Break up for May Half Term
Monday 2nd June	All Day	INSET 5
Tuesday 3rd June	8:55am	Summer 2 Term starts
Thursday 24th July	3:30pm	Break up for Summer Holiday

**School Dinners**

Next week, we will be on our Week 1 menu. Please remember that school dinners cost £2.60 and MUST be paid for, **ONLINE, IN ADVANCE.** [Week 1 Menu](#)



**Parent Coffee Mornings**

Please come along and join us at our first Parent Coffee Morning of the year on Wednesday 2nd October. Doors open at 9am for tea and coffee for an opportunity to talk about any issues your child has had settling into their new class/year group and meet some of our network of independent specialist partners.

We would also really like to work with you to help shape the themes for our half-termly coffee mornings for the academic year, so please come along and let us know what you will find useful and informative.





# SLEEP FACTSHEET

This factsheet will provide you with helpful hints and tips along with links and websites to help you and your child get a better night's sleep as well as links to some very useful websites.

## TOP TIPS ABOUT SLEEP:

Children aged 4 to 12 years tend to sleep approximately 10 hours per night reducing to 8-9 hours during the teenage years. Most children will experience some sleep difficulties at some point either resisting going to bed, waking in the night, bad dreams or nightmares which may be affected by being scared of the dark or as they get older worries about family, school and friends. Children of all ages will benefit and respond well to a regular bedtime routine as well as feeling safe and secure.

**Tip 1:** Create a calm, quiet bedtime routine. This should begin shortly after tea with some quiet play, a bath, story and then bed.

**Tip 2:** Ideally set a time for bed and stick to it. When a good bedtime routine is established occasional later nights as children get older should not be a problem.

**Tip 3:** Make sure the bedroom is dark, cool and quiet and establish some early rules! No TV, computers or phones in the bedroom and ideally avoid stimulating electronic games 2 hours before bedtime.

**Tip 5:** Don't expect your child to go to sleep straight away. Once in bed some quiet play, reading or listening to an audio story is fine for a little while until they are ready to drop off.

**Tip 6:** Get everyone in the family to stick to the routine.

**Tip 7:** 'I am hungry' 'I am thirsty' – A light supper before tooth brushing and keeping a glass of water next to the bed can help.

**Tip 8:** When problems do occur try to stay calm and avoid getting anxious. If your child gets up or finds it difficult to settle by themselves; check they're ok, reassure them, give them a quick cuddle but then tuck them back into their own bed. Remember your child needs to learn to go to sleep independently.

Repeat and keep repeating the above whilst remaining calm, firm and consistent!

**Tip 9:** Sometimes sleep problems are affected by daytime routines; Make sure your child has regular exercise and plenty of fresh air. Avoid fizzy drinks and energy drinks which contain a lot of sugar and caffeine.

**Tip 10:** Is your child worried or scared? If this is the case, aim to talk and reassure your child in the daytime so that bedtime and sleep can be a calm and restful time.

**Tip 11:** If you have tried these tips, but your child keeps having problems getting to sleep or sleeping through the night, you may feel you could do with more support.

Begin by keeping a sleep diary and then speak to your GP or make an appointment with E-school nurse to talk through your worries so that further assessment or support can be given.

## **VISIT THESE USEFUL WEBSITES**

### **E-school Nurse Service**

<https://www.cumbria.gov.uk/ph5to19/contact.asp> twice weekly online health support and advice for parents, carers and professionals who are supporting children and young people aged 5-19 years old. You can telephone for an appointment 01228 603973 Mon-Fri 8-4pm.

### **Public Health 5-19 Service**

<https://www.cumbria.gov.uk/ph5to19/> advice and support on many childhood health and development issues

### **Care for the Family**

<https://www.careforthefamily.org.uk/family-life/parent-support> Information to provide parenting support.

### **Family Lives**

[www.familylives.org.uk](http://www.familylives.org.uk) Includes advice on all ages and a variety of topics.

### **Sleep for Kids**

[www.sleepforkids.org](http://www.sleepforkids.org) Website for parents and young people about sleep and how to get a good sleep routine.

### **Sleep Foundation**

[www.sleepfoundation.org](http://www.sleepfoundation.org) Includes information from the National Sleep Foundation which is dedicated to promoting the many positive health and wellbeing benefits of a good night sleep for all ages.