# School Office Friday Update

| REMINDERS FOR THE WEEKS AHEAD | |
|---|---|
| **Monday 18th March** | • <br>• Qualitas Club after school – KS2 Cricket - *use ParentPay to book* |
| **Tuesday 19th March** | • Class 1 Trip to Matlock Farm Park<br>• NO SCHOOL FOOTBALL TRAINING TODAY<br>• Qualitas Club after school – KS1 Bench Ball<br>• Football match after school. Castle View v St Giles @ Upper Highfields |
| **Wednesday 20th March** | • <br>• Qualitas Club after school – KS2 Netball - *use ParentPay to book* |
| **Thursday 21st March** | • Little Smiles Parent and Toddler Group 9-10.30am<br>• Class 3 Swimming<br>• Choir after school<br>• Football team – St Giles V DCT – Cavendish Fields |
| **Friday 22nd March** | • |
| | |
| **Monday 25th March** | • <br>• Qualitas Club after school – KS2 Cricket - *use ParentPay to book* |
| **Tuesday 26th March** | • Easter Service in St Giles Church – 2.30pm. All Welcome<br>• Qualitas Club after school – KS1 Bench Ball |
| **Wednesday 27th March** | • Class 2 Trip – Crich Tramway Museum<br>• Qualitas Club after school – KS2 Netball - *use ParentPay to book* |
| **Thursday 28st March** | • Little Smiles Parent and Toddler Group 9-10.30am<br>• Class 3 Swimming – last session<br>• Choir after school<br>• LAST DAY OF TERM |
| **Friday 29th March** | • GOOD FRIDAY |

## OTHER NEWS

- **Parent Pay – Please check your Parent Pay accounts and ensure all are up to date.**

- TRIPS – Class 1 and Class 2 - Please Use ParentPay to provide consent for your child to attend their trip and to make payment.

Please do not hesitate to contact us on 01629 56813 or by email enquiries@st-giles-matlock.derbyshire.sch.uk with any questions or queries.

Friday updates can be found in the Newsletters section of our school website.

| FURTHER DATES FOR YOUR DIARY | |
|---|---|
| Tuesday 19th March | CLASS 1 TRIP TO MATLOCK FARM PARK – AVAILABLE ON PARENTPAY TO PAY AND CONSENT. |
| Tuesday 26th March | EASTER SERVICE in St Giles Church at 2.30pm. All welcome |
| Wednesday 27th March | CLASS 2 TRIP TO CRICH TRAMWAY MUSEUM – AVAILABLE ON PARENTPAY TO PAY AND CONSENT |
| **Thursday 28th March** | **LAST DAY OF TERM BEFORE SCHOOL CLOSES FOR EASTER**<br>**LAST SWIMMING FOR CLASS 3** |
| Monday 15th April | SCHOOL REOPENS FOR THE SUMMER TERM |
| Thursday 18th April | NO SWIMMING THIS WEEK |
| Thursday 25th April | SWIMMING STARTS FOR YEARS 5 AND 6 |
| Tuesday 30th April | Class 2 – Qualtias Multi Skills Event at All Saints Junior School |
| **Monday 6th May** | **May Day Bank Holiday** |
| Monday 13th May | KS2 SATS – English Grammar and Spelling Papers 1 and 2 |
| Tuesday 14th May | KS2 SATS – English Reading |
| Wednesday 15th May | KS2 SATS – Maths Paper 1 and 2 |
| Thursday 16th May | KS2 SATS – Maths Paper 3 |
| Thursday 23rd May | BUNTING CUP – Cavendish Fields 10-4 |
| Friday 24th May | LAST DAY OF SCHOOL BEFORE SCHOOL CLOSES FOR HALF TERM |
| Monday 3rd June | SCHOOL REOPENS |
| Monday 17th June | **INSET DAY SCHOOL CLOSED** |
| Wednesday 3rd July | Y6 – Transition Day to Highfields for pupils joining in September |
| Thursday 4th July | Y6 – Transition Day to Lady Manners for pupils joining in September |
| Tuesday 23rd July | LAST DAY OF SCHOOL BEFORE SUMMER BREAK<br>NO AFTER SCHOOL CLUB |
| **Wednesday 4th September** | **INSET DAY** |
| **Thursday 5th September** | **INSET DAY** |
| **Friday 6th September** | **First Day of Term** |


Mini
Mothers' UNION
Christian care for families
Easter event at All Saints Church, Smedley Street, Matlock
Saturday 23rd March 2-4pm
Please join us to take part in lots of Easter crafts and activities
All children must be accompanied by an adult
RSVP ASAP with dietary requirements and any allergies to :-
emily.brailsford@mothersunion.org
SEE YOU THERE!

Chesterfield Royal Hospital NHS
NHS Foundation Trust

WE'RE PROUD TO CARE

**LD CAMHS North Derbyshire presents:**

# Information sessions for parents / carers of young people with a learning disability and/or Autism

## Skills for life webinar

**Thursday 21st March 2024, 9.30am – 12.00pm**

**Aims:**
Gain ideas and resources to help your child develop key skills, which will improve quality of life and reduce distressed behaviours (i.e. waiting, accepting 'no')

***Please note this course is aimed more at children with LD / younger children with Autism***

## Sensory processing webinar

**Thursday 16th May 2024, 9.30am – 12.00pm**

**Aims:**
Understand sensory processing differences and learn practical strategies to manage sensory processing differences in daily life

## Using signs and symbols to support communication

**Monday 24th June 2024, 9.30am – 12.00pm**

**Aims:**
Find out how to use common signs and symbols as part of everyday routines, at home and in other settings

**These sessions are for parents/carers of young people with a learning disability and/or Autism, who live in North Derbyshire. They will take place on Microsoft Teams.**

**To book places, please email us on CRHFT.camhsadmin@nhs.net or call on 01246 514412. Please tell us your name, email address and telephone number.**

**We will send joining instructions with your booking confirmation nearer the time.**

**These information sessions are also advertised on www.camhsnorthderbyshire.nhs.uk**

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

## 10 Top Tips for Parents and Educators

# DEVELOPING HEALTHY SLEEP PATTERNS

**Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.**

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

#WakeUpWednesday®

The National College®

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

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