

Is your child getting enough sleep? Good sleep is important for your child's physical and mental wellbeing. A relaxing bedtime routine is one important way to help your child get a good night's sleep. Once they're in bed, encourage your child to read quietly or listen to music, or read a story together. Avoid screens in the bedroom.

Smartphones, tablets, TVs and other electronic gadgets can affect how easily children get to sleep.

Try to keep your child's bedroom a screen-free zone, and if they have a phone or tablet, charge them in another room. Encourage your child to stop using screens an hour before bedtime. Below is an NHS guide as to how much sleep your child should be getting:

- 7 years : 10 hours 30 minutes
- 8 years : 10 hours 15 minutes
- 9 years : 10 hours
- 10 years : 10 hours
- 11 years : 9 hours 45 minutes

Dates for your Diary

Monday 10th February

Parents Evening 5-7.30 pm

Tuesday 11th February

Safer Internet Day

Parents Evening 3.30 - 6 pm

Thursday 13th February

Athletics Competition

Friday 14th February

INSET day

Monday 24th February

Return to school

Wellbeing Hub 9-11 am



NEWS @ AGJS

Issue 17: Friday 7th February 2020



@agjsschool



It was lovely to see so many of you this week at our Year Group Coffee Mornings - we hope you enjoyed the opportunity to visit your child in class too. We look forward to seeing you at Parents Evening next week. If you have not yet signed up for the parents evening slot -there are still one or two slots are available. Please click on the link sent via Parentmail and select your child's class and teacher. Any concerns, please do let the school office know.

Next week we will also be thinking about online safety as part of our Safer Internet Day on Tuesday. Miss Whelan will be leading assemblies for us on this subject. You can also find lots of resources online at www.saferinternet.org.uk/safer-internet-day/2020 if you would like to discuss this further with your child.

Don't forget that Friday 14th February is an INSET day and so the children are not in school. We will see them back again after the half term break on Monday 24th February.

With many thanks for your continued support, Mr Morris and Mrs Johnson

Don't forget to check out our website for our weekly video update!

Please also follow us on Twitter @agjsschool

You can also download our free school app by visiting OurSchoolsapp.com, entering our postcode RM11 2SP and clicking on Ardleigh Green Learning Federation

Weekly Attendance for week: 3 - 7 Feb

Ash	99.7%
Elm	100%
Oak	94.0%
Pear	98.0%
Lime	95.3%
Pine	99.3%
Aspen	99.3%
Cedar	100%
Birch	98.7%
Willow	98.3%
Laurel	94.7%
Cherry	97.0%

☆☆☆☆☆☆☆☆ Stars of the Week ☆☆☆☆☆☆☆☆

Dylan, Sienna, Lilly, Meredith, Joseph, Calista, Sophie, Kyan,
Bazile, Harry, Elsa, Ergi, Jess and Peycho



Congratulations!



AUTHOR VISIT

Don't forget to order your copy of *The Pear Affair* before Thursday 27th February if you would like your copy signed by the author, Judith Eagle. Judith is visiting school on Wednesday 11th March