

# STILLINGTON PRIMARY SCHOOL BULLETIN



Good morning everyone,

What an incredible week we have had at Stillington! The children enjoyed developing their cultural capital by learning more about the Ka-funjo project. Pupils learnt about where the community live, how far away they are from us, including how long it would take a plane to travel there, as well as where they go to worship. Our EYFS and KS1 pupils then took part in creating some mud artwork based on the animals that live in Uganda, great work!



KS2 worked extremely hard to organise their fundraising event that will be held in the summer term. The pupils organised themselves into different groups to focus on: advertisement, organisation and resourcing for the event. Amazing work KS2!

Next week, KS2 have their upcoming trip to the cinema in York. **Please can we ask parents to log on to parent pay and give consent for your child to attend.**

Have a wonderful weekend everybody!

Thanks,

Miss India Tordoff

Head of School



Stillington Community  
Primary School



Terrington Church of  
England VA Primary School

## Malton Sports Centre KS2 event

On Wednesday 19th of March, the children in KS2 (Years 3, 4, 5, and 6) will be taking part in a basketball and netball event at Malton Sports Centre. The children are asked to come into school in their uniform and will get changed at school into their PE kits, trainers to be worn. Children will also need to be wearing their school jumpers. They will have lunch at school as normal.

A member of staff will accompany the children on a bus, which will take them to Malton in the afternoon. The children should arrive back in time for the end of the school day.

## **World Book Day**

As part of our World Book Day celebrations, we are holding a 'Read Your Way' photo competition. Children were invited to take photographs of themselves reading in unusual and interesting places and positions and send them to the school office. All entries will then be judged to find the winning entry! **Entries will close on Friday 28<sup>th</sup> March 2025.** All entries should be sent to the school office.

# Parent / Carer / Guardian News



## 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. Please find attached a flyer from the National College offering expert tips for helping children to sleep more healthily.

If your child still struggles with sleeping [The Sleep Charity](#) has been commissioned to provide a pilot sleep support service for children and young people in **North Yorkshire**.

The sleep service includes providing online one-to-one sleep clinics for families (click [here](#) for more information) and developing sleep plans with parents/carers to help address sleep issues and establish a regular night-time sleep pattern. All families will have follow-up support and where needed, will be referred to primary and secondary care for any medical investigations.

The Sleep Charity will provide appropriate sleep advice and support for parents/carers of disabled and non-disabled children aged 12 months to 18 years of age. Those with a Special Education Need or Disability and/or Education Health Care Plan will have access to the service up to their 25th birthday. The charity also offer free foundation sleep workshops for parents/carers across North Yorkshire. Click [here](#) for more information.

Families can self-refer or speak to their GP. Referrals can be accepted from GP Practices for children age 12 months upwards, by telephoning 07568 052300. Families can self-refer by telephone or text to Claire on 07568 052300 or by email to [claire@thesleepcharity.org.uk](mailto:claire@thesleepcharity.org.uk)

**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 access close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep heading 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 stimulants 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 evening time 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, featuring 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 noise should be kept as low 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. Being something quiet, relaxing and low intensity signals to the body 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 stressful 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 impact on achieving a more consistent sleep pattern. Try to focus towards preparing meals with plenty of fruit and vegetables, served in reasonable portions. It's not only a tale of 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**  
 Minnie Ahmed 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 Bisset – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

**#WakeUpWednesday**  
 The National College

## Class Wow Work

**Miss Katie Allwood**

**Wow Work - KS1 = EYFS / YEAR 1 & 2**



This week in class 1 we have really enjoyed our charity day. On Monday, we further explored the Kafunjo Project and spent some time re-researching how we could help the project further. The KS1 children wrote them some letters to explain about their own school life and to ask them questions about theirs. In the afternoon, we all sat together to make some African mud art. We had so much fun and only slightly got covered in mud...



**Mrs Catherine Hunter**

**Wow Work KS2 / YEAR 3 TO 6**



KS2 have had a great week this week! We have been finishing off our "How to be a Viking" inspired stories and starting the research we need to do for our Viking themed non-chronological reports. In Maths, we have been spending a lot of time working on fractions, decimals and percentages. In Science, Y3/4 have been looking at how sound is made and Y5/6 have been learning more about Earth and Space.

### **SATs Club**

Please note that SATS club on Thursday 20<sup>th</sup> March is cancelled due to Parents Evening, and will resume on Thursday 27<sup>th</sup> March.

## STILLINGTON PRIMARY DIARY DATES

<u>EVENTS</u>	<u>DATE</u>	<u>DETAILS</u>
KS2—Cinema Visit Kensuke’s Kingdom	Tuesday 18 <sup>th</sup> March 2025	Permission to be given through parent pay. A voluntary contribution towards the cost of the bus of £8.50.
Parents Evenings	Tuesday 18th March 5pm-7pm Thursday 20th March 3.30pm-5.30pm	
Special Lunch Easter	Monday 31st March 2025	Roast chicken, Yorkshire pudding & gravy Veggie sausage <b>(V)</b> Potatoes Carrots & broccoli Easter chocolate nest
<b>Easter</b>	<b>Friday 4th April 2025 (Last Day)</b> <b>Wednesday 23rd April 2025 (First Day)</b>	
<b>May Day Bank Holiday</b>	<b>Friday 2nd May 2025 (Last Day)</b> <b>Tuesday 6th May 2025 (First Day)</b>	
Special Lunch Street food	Thursday 15th May 2025	Chicken nuggets Veggie nuggets (V) Skinny fries BBQ beans Doughnut muffin
<b>Summer Half—Term</b>	<b>Friday 23rd May 2025 (Last Day)</b> <b>Monday 2nd June 2025 (First Day Back)</b>	
<b>Summer</b>	<b>Friday 18th July 2025 (Last Day)</b>	

