



WHAT'S IN THIS MONTH'S ISSUE:

- Attendance
- Punctuality
- Sleep

Spotlight on Safeguarding

Dear Parents / Carers

Welcome to our April edition of our Safeguarding Newsletter. We are sure that like us, you as parents realise the importance of attendance and punctuality. At Penketh South we continue to work hard to try to raise attendance levels and reduce instances of lateness. There is much evidence to show that good attendance plays a vital role in helping your child to achieve their potential.



ARE YOUR CONTACT DETAILS UP TO DATE?

It is vitally important that if you change your home phone / mobile number / email address / names of contacts (at least 3), that you immediately let the school know, so that we have the most up-to-date contact details.

Thank you

ATTENDANCE FACTS

- All schools must report their termly attendance to the local authority.
- If your child is not in school s/he may not reach their learning potential.
- Parents have a legal responsibility to ensure that their child receives a full time education.
- Parents can be issued with fixed penalty notices (fines) for failing to ensure that their child attends school regularly, this includes taking children out of school on holiday.
- The local authority has the power to prosecute parents in the magistrate's court for the offence of failing to ensure that their child attends school regularly.



Children who do not attend school regularly are more likely to:

- Fall behind in their school work.
- Find it difficult to make and keep friends.
- Be unhappy at school.
- Misbehave so others cannot see that they are finding the work difficult.
- Learn poor attendance habits that follow through into secondary school and future employment.

Poor punctuality can disadvantage children in many ways:

- Being frequently late adds up to lost learning.
- When children are late they find it harder to settle into the routine of the day.
- When children are late they often miss key messages and teaching which continues to have an effect on learning for the rest of the lesson or the day.
- Poor punctuality disrupts the class and is embarrassing for the child.
- Your child being late disturbs the learning of the whole class.

School starts at 8.50am. The gates will be closed at 9am.

Punctuality



GETTING HERE ON TIME EVERY DAY IS REALLY IMPORTANT IN HELPING YOUR CHILD TO BECOME A HAPPY AND SUCCESSFUL LEARNER.

What's the importance of sleep?

School Aged Sleep Needs

Age	Total Sleep Range	Avg
3	10-13 hours	12
4	10-13 hours	11.5
5	10-13 hours	11.25
6	9-12 hours	11
7	9-12 hours	10.75
8	9-12 hours	10.5
9	9-12 hours	10.5
10	9-12 hours	10.25
11	9-12 hours	10



A good night's sleep is essential to feeling good, being able to learn and stay healthy. A lack of sleep can make you feel poorly, unable to learn and not want to go out with your friends and family. If you, or your child are struggling to get a good night's sleep, follow these top tips:

- 1) Think about your bedtime routine - What time do you go to bed? If you are going to bed too late, you will not get enough sleep. Try bringing bedtime forward by 20 to 30 minutes at a time.
- 2) Make sure you are tired before going to bed - the less time you have to spend awake in bed, the better.
- 3) Have at least 15 minutes of quiet time before going to sleep so that your body and brain can relax and prepare for sleep.
- 4) Don't use your phone, computer or tablet before bed - this can stimulate your brain and make it more awake.
- 5) Try having a lukewarm bath as this can help your body relax.
- 6) Try to go to bed at the same time every day once you have a settled routine.
- 7) Choose a relaxing activity before bed, such as reading or listening to calm music.
- 8) Create a cosy environment. Is the room dark enough? Is the room the correct temperature - not too hot and not too cold?

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

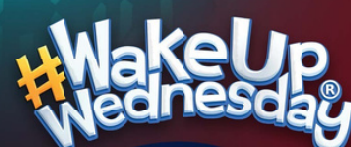
Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance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



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