

Headteacher Update

7th February 2022



Exciting News

Miss Martin from Whitesands has recently got married and is now known as Mrs Lazenby. We are absolutely thrilled for the new Mr and Mrs Lazenby.

Mrs Way has recently celebrated an incredible 25 years at Herbert Thompson. We are very grateful for all that she has done and continues to do for Herbert Thompson!

Reminder

We will be wearing red and raising money for **Heart Heroes** on Friday 11th February 2022.

Sleep

As a mum myself, I know it is often hard to get your children to sleep at night, especially as they head towards those teenage years! Sleep has a massive impact on children's mental and physical wellbeing.

If your child is struggling with their sleep, there are certain things that you can try, including:

- Bedtime routine with a sleep time, story etc.
- No devices in the bedroom or time limits on devices.
- Nice bath before bed.
- Avoiding caffeine/sugary drinks for at least four hours before bedtime.
- Use ear plugs if it is noisy.
- Close curtain/blinds or eye masks.
- If your child is really struggling to sleep, despite trying many things, it may be worth contacting your GP for some advice.

How much sleep should my child be getting?

- Babies 4 to 12 months old - 12 to 16 hours including naps.
- Toddlers 1 to 2 years old - 11 to 14 hours including naps.
- Children 3 to 5 years old - 10 to 13 hours including naps.
- Children 6 to 12 years old - 9 to 12 hours.

Thank you for taking the time to read this update - together we can ensure all children at Herbert Thompson reach their full potential.

Have a lovely weekend.

Kind regards,

Mrs Marsh