

DAILY UPDATE

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SANDY'S DAILY MESSAGE

The COVID-19 crisis has forced us all to change our routines, causing stress and affecting our sleep. A National Sleep Survey found that 70% of children are going to bed later and 33% sleep more than they used to.

We all know that a good night's sleep is important and vital to our health. Lack of sleep can make us more vulnerable to illness. If we're tired, we may not be able to learn or retain information as well. It can also cause behavioural problems, which in turn may cause conflicts within the family.

A few tips, which are probably known to all of us, but is useful to have a reminder to help a good night's sleep are:

1. A regular bedtime with the same routine is key for us all.

2. Using electronic devices before going to bed prevents the production of melatonin which is needed to help us feel sleepy.

3. Try different relaxing activities, such as meditation or just calming your mind and body before going to bed.

4. Don't eat lots of food just before going to bed.

Now, for those pupils who love research and information - here are a few fun facts:

- We spend a third of our life sleeping
- 11 days is the longest recorded time a person spent without sleeping
- The fetal position is the most common sleeping position
- Cats spend two thirds of their life sleeping

Sleep tight!

Sandy

ACTIVITIES / LINKS THAT MIGHT BE HELPFUL

Linda K (SSA in Willow Class) and her son have been undertaking some Leaf Art. A simple but fun activity, which they have both enjoyed very much. It encourages children to explore nature and gives them an opportunity to use communication skills, think and make their own choices. They have also planted beans together and her son is so pleased that they now measure 2cm high.



WHAT'S EVERYONE BEEN UP TO?

It was lovely to learn that Caelan has been enjoying himself at home and has been doing lots of things with his family. Mum, Rosalyn told Michelle, that he loves watching her youtube videos and keeps smiling and saying 'Hello' to his teacher when he watches them.



Here is Caelan enjoying making playdoh shapes and trying to catch giant bubbles in his garden.



Here at school today, there was much excitement as our new pool arrived! Alfie F helped Kevin put it together and once it's filled with water, it promises to provide not only lots of fun, but a wonderful way to cool down during this hot weather.

If your child is currently at school, please can you provide sun-tan lotion and swimwear/t-shirt to allow them to enjoy some cooling water fun.

MENTAL HEALTH AWARENESS WEEK

LINKING ACTS OF KINDNESS

Udi and her Mum Neha continue to be so kind. Their voluntary work during the current climate is admirable. Last evening, they were delivering fabric, which will be made into scrubs for NHS staff.



Today, we had a special delivery left on the wall outside our school - homemade cakes by Lily in Hazel Class. Standing at a suitable distance, we were able to wave and say thank you. It was lovely to see you Lily and thank you for being so kind.



Linda J (one of our midday supervisors) made this trough planter and together with her daughters decorated it to show their appreciation and gratitude to the NHS.



Frances (Hazel Class Teacher) was moved by her neighbour's act of kindness. During the second week of lockdown, she had a bad headache and couldn't get hold of any paracetamol. She mentioned this to her neighbour during Thursday's clap for carers. The next day she found a couple of boxes on paracetamol on her door step.

Caroline wanted to thank Kevin (our Site Manager) for being so kind. No matter what jobs we ask him to do (and some are definitely not pleasant!) he always does it without any complaints and a smile on his face.

These simple acts of kindness are spreading so much joy. How fortunate we all are to be part of The Link community.