

# Matthew's C.E (Aided) Primary School and Nursery Centre



*'I can do all things because Christ gives me strength' Philippians 4:13*

## Friday Feature: 7th November 2025

This half-term we are focusing on the Christian Value of Compassion

*'Clothe yourselves with compassion, kindness, humility, gentleness and patience' Colossians 3.12*

### Welcome Back

We would like to take this opportunity to welcome everyone back to the second half of the Autumn Term. Over the course of the next half term there will be many exciting and memorable events taking place. Please keep checking the Friday Feature where the dates for these celebrations will be shared.

### Parent Questionnaires

We would like to thank all parents who provided feedback through the recent Parent Questionnaire. We greatly appreciate your suggestions and positive comments about the school's provision. The senior leadership team value all stakeholder comments and support and will continue to work in partnership to ensure that our children are provided with the best possible outcomes.

#### What is my child learning?

Some parents requested further information regarding the curriculum being delivered and taught in each class. We would like to direct you to your child's class page on the school website where each half term a curriculum map will be uploaded to inform you of the learning your child will be accessing in all subject areas. Follow the steps below to find your child's curriculum map.

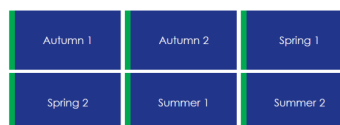
1. On the Home page click on classes



2. Click on your child's class



3. Click on the relevant half term at the bottom of the class page



4. Click on the image of the tree to show you the curriculum map



## Weekly prayer

Dear God,

Thank you for our food and shelter in our community.

We hope for peace in the world and for our friends and family

Amen

By 4 St Kateri



## Pupils of the Week



Nursery	Shechaniah
R St Francis	Kenzie
1: St Teresa	Azaiyah
1/2: St Nicholas	Isaac
2: St Joseph	Reuben
3: St Cecilia	Lena
3/4: St Sophia	Astin
4: St Kateri	Terry
5: St Thomas	Evie
6: St Padre	Peniel

## Readers of the Week

R :St Francis	Markella
1: St Teresa	Jenson
1/2: St Nicholas	Dylan
2: St Joseph	Gurkirat
3: St Cecilia	Olivia
3/4: St Sophia	Ruari
4: St Kateri	Shyla
5: St Thomas	Skyla
6 : St Padre	Logan



## Attendance Award

This week the attendance award has gone to — 3 St Cecilia



Weekly Attendance		
1 <sup>st</sup>	St Cecilia	97.07
2 <sup>nd</sup>	St Teresa	96.79
3 <sup>rd</sup>	St Sophia	96.58
4 <sup>th</sup>	St Joseph	96.3
5 <sup>th</sup>	St Nicholas	95.45
6 <sup>th</sup>	St Padre Pio	95.36
7 <sup>th</sup>	St Thomas More	94.64
8 <sup>th</sup>	St Francis	93.38
9 <sup>th</sup>	St Kateri	93.1

## Children in Need—Friday 14th November

Friday is Children in need -

- Children can wear their own clothes—£1 donation
- There will be activities during the afternoon
- We will be having a “yellow raffle” - £1 a ticket.
- Biscuits decorating with blue and yellow icing—50p



## Scores on the Doors



A massive well done and thank you to Donna, Marie and Denise in our school kitchen for their outstanding work, and achieving a top score of “5” in our food hygiene inspection this week.

## Future Dates

10—14 November	Anti bullying week
14 November	Children in Need
5 December	Carols by Candlelight
9 December	EYFS Christmas production 9.30am
11 December	KS1 Christmas production 2.30pm
12 December	KS1 Christmas production 9.30am
15 December	KS2 Christmas production 2.30pm
16 December	KS2 Christmas production 9.30am

## FOOD HYGIENE RATING

0 1 2 3 4 5

VERY GOOD



# 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.

