



Friday 27th February 2026



Why Bedtime &

Breakfast Brains Struggle

Have you ever noticed that everything feels harder for your child just before bed? Problems seem bigger, emotions run higher, and sensible conversations can quickly unravel. There's a very good reason for that - and it applies to adults just as much as children.

As we get tired, the thinking part of the brain - the prefrontal cortex - begins to power down. This is the area responsible for logic, reasoning, impulse control, and perspective. Meanwhile, the emotional centres remain more active. The result? We're more reactive, less flexible, and far less able to think things through calmly. For children, it often shows up as tears over the "wrong" cup, sudden silliness, defiance, or a complete inability to listen. Their tired brain simply can't access its best thinking skills.

During sleep, the brain gets to work consolidating memories, processing emotions, and clearing out the day's mental clutter. It's an essential reset. But when we first wake up, especially if we're still groggy, we experience slower thinking, patience is thinner, and emotional regulation isn't fully online yet. That's why early mornings can also be tricky for children. You might see dawdling, frustration, or heightened sensitivity before their brains have fully "booted up." Understanding this can be powerful. It reminds us that late-night logic and morning negotiations rarely go well - for adults or children. Whenever possible, save problem-solving and important conversations for other times of the day, when everyone's brain is fully online.

Best wishes,
Claire Cookson (Pupil & Parent Support Advisor)
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Stars of the Week

Reception – Imogen

Year 1 / 2 – Ada & Beatrix

Year 3 / 4 – Adalye & Ray

Year 5 / 6 – Avery, Fallon, Jacob & Kailena



We are taking part in World

Book Day again this year, on **Thursday 5th March**. Children are invited to come to school dressed as their favourite character from a book. We are also running a World Book Day competition again this year – please see the poster below!



We are holding a paper plate decorating competition for World Book Day!

Your challenge:

- ★ Make a paper plate into your favourite book character or characters.
- ★ Use any size cardboard plate.
- ★ You can use a single plate, or multiple plates for your creation, and you can change the shape of the plate!
- ★ Use felt pens, crayons, paint, collage, paper, or glue to help create your book character.



There will be a winner selected from each class and they will win a special prize!

Please bring in your creations on World Book Day on | **Thursday 5th March 2026**

Here are some ideas for inspiration!





Next week: Monday 2nd to Friday 6th March 2026

	In School	After School
Mon	<ul style="list-style-type: none"> PE Cluster Dance Festival, Yrs 1 & 2 	<ul style="list-style-type: none"> KS1 Gymnastics (GRP B)
Tue	<ul style="list-style-type: none"> Lauren Talford Music Lessons 	<ul style="list-style-type: none"> KS2 Dodgeball (GRP B)
Wed		<ul style="list-style-type: none"> Aem Hai Karate Club
Thur	<ul style="list-style-type: none"> World Book Day Bandwagon Music Lessons 	<ul style="list-style-type: none"> KS1 Dodgeball
Fri	<ul style="list-style-type: none"> PE Forest School (Year 2) Year 3/4 How Hill Residential (Yr 3/4) instalment 1 due 	<ul style="list-style-type: none"> KS2 Football Club (GRP B) KS2 Forest School Club (GRP B)

Birthdays

This week we are sending Birthday wishes to **Nancy, Izzy** and **Reuben M** – a very Happy Birthday to you all!

Dates for Your Diary

Wed 18/03/26	<ul style="list-style-type: none"> PTA Blue Class Cake Sale & Choir Performance
Thu 19/03/26	<ul style="list-style-type: none"> Red Nose Day (TBC)
Tue 24/03/26	<ul style="list-style-type: none"> PTA Easter Egg Hunt
Fri 27/03/26	<ul style="list-style-type: none"> End of Term
Mon 30/03/26 – Mon 13/04/26	<ul style="list-style-type: none"> Easter Holiday
Tue 14/04/26	<ul style="list-style-type: none"> Children Return to School

Reminders

Financial Year-End is fast approaching. Please could parents log in to SchoolMoney and pay any outstanding lunch money or Before & After School Care arrears by Friday 6th March. Many thanks!

PTA Points

- Blue Class will be hosting their Easter-themed bake sale on Wednesday 18th March, after school. There will be a special performance from the school choir taking place during the bake sale, so please stay and listen. All cakes 50p - homemade or shop-bought donations welcome.
- After half term, the PTA will be selling squares for a chance to win a wonderful deli hamper for Mother's Day. Squares will be £1 each and proceeds will again go to charities chosen by Leo P's family in memory of his mum, Lucy.

