



Monday 19th May 2025

Dear Families,

It's certainly been another busy half term, albeit a short one!

THANK YOU to all of our FOSS team representatives, who have worked tirelessly over the past few weeks to deliver a number of successful and well-attended family events. From the sensory garden opening, the Art exhibition and the most-recent family quiz night, they have provided opportunities for children and families to join in with and celebrate the community life of Singlegate Primary School. The team work incredibly hard in planning, preparing and delivering such events and we are most grateful to them. Please do let the team know, if you are able to support at the summer fair – something that we're all looking forward to.



Celebrating attendance

We continue to celebrate the children's efforts in coming into school every day. Our Pizza Party is always a key motivator for classes, who compete to be awarded with the weekly feast. The Year 6 children in Colliers Wood were most grateful last week, as it was a well-deserved treat after having worked so hard. This week, Borough Class are eagerly looking forward to their celebratory treat.

Class	Overall Weekly %
Paddington AM	82%
Paddington PM	50%
Paddington Full Time	97%
Archway	91%
Bank	98%
Angel	98%
Oval	99%
Knightsbridge	94%
Borough	100%
Monument	99%
Victoria	94%
Pimlico	98%
Wimbledon	93%
Balham	95%
Southwark	98%
Kennington	91%
Piccadilly	95%
Euston	95%
Edgware	96%
Temple	95%
Barbican	97%
Westminster	99%
Embankment	97%
Colliers Wood	99%



BeDifferent
Federation



SAT's SUCCESS - A HUGE well done to all of our Year 6 children, who completed tests in English and Mathematics last week. We are so very proud of you all and for the effort, determination and resilience that you've shown this year.



Summer sun

With the warmer weather upon us, please may we ask you to remember to send your child to school with a sun hat, reusable bottle of water and having applied sun cream first thing in the morning. The children will be preparing for our Sports Day events over the next few weeks and so will be spending more time outdoors. It is important that they are equipped with what they need. Please may we remind you that sunglasses, mini fans or spray bottles are **not** permitted in school. Thank you for your support.

School uniform



Children are invited to wear their summer uniform this term to include the summer checked dresses or white collared polo t-shirt and shorts. Shoes are to be black – including the trainers that are worn for P.E. sessions. Children are permitted to wear black or navy cycling shorts on their planned P.E. day, however these are to be of an appropriate length.

Stud earrings and a wrist watch (not Smart) may be worn. Children wearing additional items such as necklaces, bracelets or rings will be asked to leave them at home. Nail varnish and other accessories, such as eyelashes and lip gloss must be removed before coming into school.

Playground resources

THANK YOU to all our families who supported our collection of additional outdoor play equipment last week. We were **thrilled** by the response and have replenished our tennis ball supplies! The children were very excited to be able to enjoy the additional items at lunch earlier today.

Why is sleep important?

Sleep keeps us healthy. When we sleep, our heart rate and blood pressure go down, meaning our heart gets time to rest and replenish. It also helps our body produce proteins used by the body to fight infection, illness and stress. From school classes to discovering who they are and what they like, children are always learning. Their brains make sense of these things when they sleep. That is why a lack of it can make them more forgetful. In fact, there are some studies which show that we can actually learn new things while we sleep!



BeDifferent
Federation



Sleep Hygiene

Sleep Hygiene is the term for describing habits and strategies for getting a good sleep on a regular basis. It's not only about what children do at bedtime, there are lots of things you can do to help them sleep better.

- Good sleep hygiene begins in the day. Things like what your child eats and drinks and when can make a real difference. Caffeine for instance, is a stimulant and could be causing a child to stay awake longer than they should. It is found in most energy and fizzy drinks, tea and coffee.
- We need to eat healthy, balanced diets to keep our bodies and minds in shape so the impact food can have will be no surprise.
- Eating a large meal before bedtime can also contribute to a child struggling to drift off. On school nights, it's especially important that they eat earlier as they are more likely to need to get up in the morning at an earlier time.

Keeping a sleep journal

It is important to get things off our chests. This is especially true when it comes to sleep. If a young person is having difficulties with homework or they are feeling anxious about something, they are far more likely to have problems sleeping.

- A sleep journal is somewhere a child can record their thoughts and feelings before bed to help them spot negative thoughts and behaviours. It is meant to be a place to express themselves and let their minds wander, as they get it all down on paper. This is best done a few hours before bed so the thoughts and feelings can settle, making it easier to sleep.

Some more websites with ideas and advice to support you with developing good sleep habits at home:

The Sleep Foundation - Children and Sleep

Help me out – Sleep

NHS - Sleep

Important online safety information about
Minecraft from The National Online Safety



Mrs Bull and Mrs Hart



BeDifferent
Federation

