

Headteacher: Mrs C A de Belder
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School Letter No 11

Friday 20th November 2009

Dear Parents

Christmas Performance

Our Christmas performance will take place at St Peter's Church on Tuesday 15th December at 6.00pm. The children will walk down to the church in the morning for a dress rehearsal and parents will need to bring their children to the church in time for the evening performance which will start at 6.00pm. Further details will follow shortly.

How much sleep does your child need?

There was a very interesting article in The Times recently about the amount of sleep that children need. In the article Mandy Gurney, an expert on children's sleep, says that an increasing number of children spend their formative years "chronically sleep-deprived". As a result they are not only tired, ratty and inattentive but are more prone to a spectrum of health problems including obesity, hypertension and clinical depression. At school we often notice children who are tired and find it difficult to concentrate during the day. Only recently Mr Gear remarked to his class that they seemed rather tired and it turned out that half of them had been watching X factor till 9 o'clock on Sunday night!

A schoolchild usually needs to sleep about 10 hours every night. When deciding on a bedtime, bear in mind what time your child has to get up and how long it takes him or her to get ready for school.

Your child needs to get a good night's sleep and feel rested in the morning. If not, your child won't get the best out of school and every morning will be a hassle, trying to get a tired child out of bed.

Barn Dance

The Nettlestone & Seaview Community Partnership Barn Dance was a great success and there will be another one taking place in February.

Lantern Parade

Sadly, due to lack of sufficient interest, we will not be taking part in the Lantern Parade on the 5th December. However, if you and your children would still like to take part, the Carnival Learning Centre near Tesco's are running some community group sessions. These are being held next Wednesday 25th November and on the 2nd November at 6.30pm - 8.00pm at a cost of £3 per lantern, with free squash and biscuits. Also, they will know of any other sessions being held, so please call Alison on 817280 for more details.

Ryde ADHD Parents Networking Group

You are invited to a new information support group for parents of children with ADHD. During the sessions there will be informal workshops, signposting to appropriate information, guest speakers and an opportunity to make new friends. The first introductory session will be on Thursday 3rd December from 9.30 am - 11.00 am at the Nurture Suite, Oakfield Primary School. Tea and coffee will be served. For more information please contact Maria Young on 752126 or Blair Maynard on 562085.

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The following events are being organised by the Nettlestone & Seaview Community Partnership :

Lights of Love

On 4th December there will be the Lights of Love in St Peter's Garden at 7pm in aid of the Isle of Wight Hospice. Steve Bell will be the Master of Ceremonies and there will be mulled wine and mince pies.

Carols round the Tree

On 19th December at 7pm there will be Carols around the Tree at St Peter's Garden to the sound of the Vectis Brass Band with everyone singing to join in the spirit of Christmas. Father Christmas will be making an appearance and there will be mulled wine, mince pies and hot roasted chestnuts. Proceeds will go towards the Partnership funds.

Yoga for Everyone

Everyone is welcome to a new yoga class at Nettlestone Primary on Thursdays at 6pm – 7.15pm. No booking is required – just drop in with a cushion and a yoga mat. £5 per class – mats can be purchased for £12.50. Telephone Rachel on 07796457855 after 8pm – for more details.

Yours sincerely

Caroline de Belder
Headteacher