

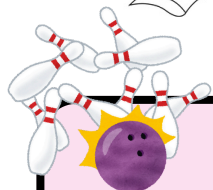


# Parklands Community Primary & Nursery School



## Bulletin

WEEK 3



### THIS WEEK

#### Bowling Team Success!

A huge well done to our fantastic bowling team, who represented the school brilliantly in the recent finals. Their teamwork, determination, and skill were on full display, and we are incredibly proud of their performance. Congratulations to everyone who took part—you did us proud!

#### Thank You for the Chocolate!

A big thank you to everyone for the chocolate donations for Friday's own clothes day. We will now get planning some great events for the children.

### GOLD AWARD WINNERS



Mckenzie

Reggie, Jacob & Eileen-Mary-Anne

Albie

Max G

Ciaran

Annie

Harrison

Jayden

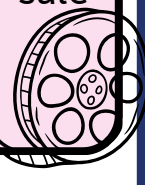
### SCIENCE FAIR

Thank you to everyone who bought something from the science fair! We raised over £200 from this which we will put towards new science resources.



### MOVIE NIGHT

Year 1 to Year 6 are invited to movie night on 1st April at 3:45pm. As usual, children will get a hot dog, drinks and sweets. Tickets will go on sale via School Spider soon. Movie TBC!




### VOLUNTEERING


Can you or a family member (such as grandma or grandad) spare a few hours a week to help at school? This could be listening to readers, gardening or preparing resources. If so, speak to Mrs Cairns. *All volunteers are subject to strict vetting, including an enhanced DBS check.*

### DATES FOR YOUR DIARY

Every Friday - Celebration Assembly  
26th March - Parents' Evening  
27th March - EYFS Stay and Play  
1st April - Movie Night  
2nd April - Lyrical Recital to parents  
7th April - Easter Holidays (2 weeks)  
21st April - Bank Holiday  
22nd April - Summer Term starts



# Helping Your Child Sleep Better



We are often asked about sleep in school, as many children struggle with getting enough rest. Sleep is vital for brain development, memory, and emotional regulation. When children sleep well, they learn better, manage their emotions more effectively, and have more energy for the day ahead. Here are four simple ways to support healthy sleep habits at home.

## 1. Limit Screen Time Before Bed

The blue light from screens tricks the brain into thinking it's still daytime, reducing melatonin production—the hormone that helps us feel sleepy. Less melatonin makes it harder to fall asleep and affects deep sleep, which is crucial for memory and learning.

♦ *Challenge: Move the screen time app to the front of your child's phone (and yours!) to track usage. (Touch and hold the home screen. Tap Widgets. Touch and hold the screen time widget).*

## 2. Stick to a Consistent Routine

Going to bed and waking up at the same time every day helps regulate the body's internal clock (circadian rhythm). This strengthens connections in the brain that support focus, memory, and emotional stability.

♦ *Challenge: Set a bedtime alarm on your child's device (or yours) to remind them to start winding down at the same time each night.*

## 3. Encourage Relaxation Before Bed

Calming activities like reading, listening to gentle music, or deep breathing help lower cortisol levels (the stress hormone), making it easier for the brain to transition into sleep mode.

♦ *Challenge: Try a 5-minute bedtime relaxation routine with your child listening to a story, deep breathing or listening to calming music.*

## 4. Create a Sleep-Friendly Environment

A dark, cool, and quiet bedroom helps the brain enter deep sleep faster. Darkness boosts melatonin, while a cooler room helps the body drop its core temperature—both essential for high-quality sleep.

♦ *Challenge: Check your child's room tonight—can you make it darker or cooler? Try blackout curtains or reducing room temperature by a degree.*

Better sleep means happier, healthier children who are ready to learn!  
Why not try one of these challenges as a family this week?



# EGGSTRAVAGANZA

ON: Wednesday 2<sup>nd</sup> April 2025



Spring Roast Chicken  
Sage & Onion Stuffing  
or Quorn Fillet Roast

Served with Roast & Mashed Potatoes

Baton Carrots, Broccoli & Gravy

Jacket Potato (Various Fillings)

Served with Salad

Deli (Various Fillings)

Served with Side Salad & Vegetable Sticks



Chocolate Krispy Nest  
Seasonal Fresh Fruit Platter

Edsential CATERING

## The Family Hangout

Dates: Every Saturday Morning

Time: 10.00am - 12.00noon

Ages: All

Cost: FREE

Come and hangout in the cafe with Phil and kick-start the weekend with some games, crafts and story-exploring, all whilst enjoying a hot cup of tea and a delicious cake from the Cafe.

Children must be accompanied by an adult at all times.

No booking required, just turn up and join in.

Afterwards they have regular Live Performances and Monthly Film Club - [click here](#) to see Whats' On.

