

Newsletter v2.0!

Dear Parents/Carers,

Our newsletters are back, but with a bit of a difference – smaller and (hopefully) better!

Each fortnight, we'll send a brief update with some news, reminders and hopefully some helpful things for parents & carers to know so that you can help your child make the most of their years at Bridge Learning Campus.

This edition covers the subjects of sleep (How much does your child get? How much is enough?) and also Secondary Homework (where we could ask the same questions!) – hopefully you find them an interesting and useful read.

100%

I'm delighted to say that rates of school attendance at BLC are improving in both primary and secondary phases. I had the pleasure of handing out 100% attendance stickers to three different primary classes this week. **Crimson class** have the bragging rights for the week, with three days in a row of 100% attendance – amazing! I wonder who can beat that next week?

However, Fridays continue to be the day with the lowest attendance each week. Whilst missing these days may not seem like much, children who are absent on a Friday miss out on learning, seeing their friends and House Challenges (in secondary) – not to mention Chip Shop Fridays in the canteen! I know children (and parents/carers and staff!!) are often tired towards the end of the week, but please ensure you do all you can to make sure your child is in school for all five days, every week.

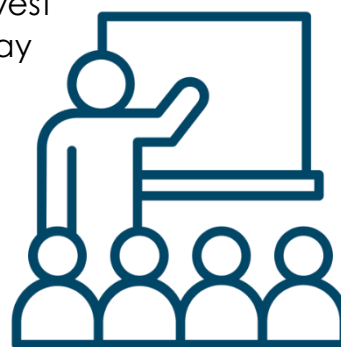
Wishing you a very happy weekend,

Mr Maule

Headteacher



FIND
OUT
MORE!



The Importance of Sleep for Your Child's Success in School

As parents and carers, we all want our children to do well in school and enjoy learning. One key factor that can greatly influence your child's academic progress and attendance is sleep. Research shows that getting enough quality sleep is essential for children's physical and mental health, and it plays a crucial role in how well they perform in school.



How Sleep Affects Learning

When children sleep, their brains are busy processing the information they learned during the day. This is when memories are formed and important knowledge is stored. If your child doesn't get enough sleep, they may struggle to pay attention in class, remember what they've learned, and perform well on tests. Studies have found that children who sleep poorly often have lower grades and may even miss more school days.

The Link Between Sleep and Attendance

Sleep is also linked to school attendance. Children who don't get enough rest may feel tired and less motivated to go to school. Even a couple of days off school can lead to more irregular sleep patterns which, in turn, can lead to higher rates of absenteeism. Regular bedtimes and good sleep habits can help ensure your child is ready to learn each day.



How much sleep do children need?

It is thought that between 20-40% of infants & primary-aged children have poor sleep health and around 70% of secondary-aged children are considered to be sleep deprived, relative to the average number of recommended hours of sleep per night (see table). In the long term, too little sleep can lead to children developing behavioural challenges, highlighting the importance of sufficient sleep hours.

Age	Recommended hours of sleep per day
4 – 12 months	12 – 16 (including naps)
1 – 2 years	11 – 14 (including naps)
3 – 5 years	10 – 13 (including naps)
6 – 12 years	9 – 12 hours
12 – 18 years	8 – 10 hours

Tips for Better Sleep

Here are some simple tips to help your child get the sleep they need for success in school:



Set a Regular Bedtime: Aim for a consistent bedtime each night. This helps regulate your child's body clock and makes it easier for them to fall asleep.

Create a Bedtime Routine: Establish a calming routine before bed, such as reading a book or taking a warm bath. This signals to your child that it's time to wind down.



Limit Screen Time: Encourage your child to avoid screens (like phones, tablets, and TVs) at least an hour before bed. The blue light from screens can interfere with the production of the sleep hormone melatonin.

Encourage Physical Activity: Make sure your child gets plenty of physical activity during the day. This can help them feel more tired and ready for sleep at night.



Keep a Comfortable Sleep Environment: Ensure your child's bedroom is dark, quiet, and cool. A comfortable sleeping environment can help them fall asleep faster and stay asleep longer.

By prioritizing sleep, you can help your child improve their academic performance and enjoy their time in school.

Remember, a well-rested child is a happier and more successful learner!

HOMework @ BRIDGE LEARNING CAMPUS

Planners and Knowledge Organisers

This week and next week, all students will be given a small planner and a knowledge organiser. Their knowledge organiser contains a page for every subject, and this is what they will do their homework from. All students are expected to bring both to school every day as part of their equipment.

Students in KS3 will complete a series of retrieval practices with their knowledge organiser in all subjects every week. In KS4, students will also be expected to complete retrieval activities or exam style questions.

RETRIEVAL PRACTICE

Retrieval practice is when a student deliberately re-calls information to boost learning; this is mainly in the form of quizzing. There will be more information of the types of activities students are expected to do at home in the coming weeks.



KS3: 15-25 mins per subject

KS4: 25-40 mins per subject

CONTACT US

If you would like more information or support with your child's homework, please contact the school for further information and there is an SLT drop in every Friday 3:15-4:00 if you would like to speak to someone face to face.