



HAZEL LEYS ACADEMY

Gainsborough Road, Corby NN18 0QF

Tel: 01536 202681

www.hazelleysacademy.org

Follow us on Twitter

admin@hazelleysacademy.org

May 2019



Dear Parents,

Welcome back, we hope that you managed to have a restful break having time to spend with family and friends. We are pleased to be back.

This is a very short term and we have a lot to pack in (as always!). Staff at Hazel Leys Academy work hard to create an engaging and informative learning environment, plan quality events and activities to help children develop their knowledge and skills as well as provide opportunities to apply their prior learning. We are passionate about preparing our children for life out of school. We know that many of you work as hard at home to make sure your child is the best that they can possibly be. It is teamwork that will help all of our children achieve. The majority of our children come to school ready to learn—great attitude, behaviour, alert and full of energy. We do notice that some of our children are coming to school tired. It is a tough time of year for many. We have looked into how we can help our children get the best out of their rest time. You might find the following NHS advice helpful if lack of sleep and tiredness is a problem for your child.

Healthy sleep tips for children: Good sleep is important for your child's physical and mental wellbeing. A relaxing bedtime routine is one important way to help your child get a good night's sleep. Relaxation tips to help sleep: Doing the same relaxing things in the same order and at the same time each night helps promote good sleep: A warm (not hot) bath will help your child relax and get ready for sleep. Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin. Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or read a story together.

Know how much sleep your child needs—The amount of sleep your child needs changes as they get older. 5-year-old needs about 11 hours a night, for example, while a 9-year-old needs roughly 10 hours.

Avoid screens in the bedroom - Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep. Older children may also stay up late or even wake in the middle of the night to use social media. Try to keep your child's bedroom a screen-free zone, and get them to charge their phones in another room. Encourage your child to stop using screens an hour before bedtime.

Your child's bedroom - Your child's bedroom should ideally be dark, quiet and tidy. It should be well ventilated and kept at a temperature of about 18 to 24C. Thick dark curtains will help to block out any daylight. Try to eliminate as much noise as possible, perhaps even consider ear plugs.

Finally, We wish all of our children who are taking SATS this term all the very best. This is the time that you now need to show off how much you have learnt. Good Luck

Mrs Inga Bain (Principal)

Integrity Manners Pride Respect Encourage Succeed Spirit

IMPRESS

Dates for the Diary We work hard to provide a rich and broad curriculum experience for all children:

Year 4 start swimming - Wednesdays in Term 5

Year 5 swimming - Thursdays in Term 5

Bikeability **26th April**

Rugby Saints Event for Year 3 **29th April**

Leicester Careers Outreach Workshops Year 5 **30th April**

Bank Holiday **6th May School Closed**

Year 2 SATS Will be completed in May—dates are on the Academy website

Forest School Thursday afternoons Year 3

Northern Ballet Dance Workshops Reception **8th May**

Year 6 SATS Week begins 13th May, Breakfast Club offer from Monday to Thursday

Hazard Alley Visit Year 4 and Year 5 **14th May**

British Airways Head Office visit for Year 6 **17th May**

Golf tournament Year 4 **21st May**

Zog Theatre Visit Reception **22nd May**

Class Assemblies, Fridays at 9.00 a.m., parents will be invited to attend their child's class assembly. Other parents will be invited if their child is receiving an award. Please bring invite along to Reception to comply with health and safety practice.

3rd May Reception, Meerkat's Assembly

10th May Y6, Tiger's Assembly

17th May Y1, Koala's Assembly

24th May Whole school End of Term Assembly

We will be welcoming Miss Silvia Brihonet to our support staff team. We hope that she enjoys being part of Hazel Leys Academy.

Sharing great news:

We have been delighted to receive positive comments about our children:

Saints Greggs Tackling Health and the Saints Rugby Ground - 15 of our Year 3 children took part in this very important event -

'I just wanted to say a huge thank you to all of you for attending the event yesterday. It was a huge success and Greggs themselves were really positive on not only the activities but also the engagement of the children across the day.' Ben (Rugby Development Officer)

'It has been a pleasure for us to deliver Bikeability training at your school. Please pass on my thanks to your staff for making our instructors feel so welcome and my congratulations to your pupils for their hard work and effort over the course.' Natalie (Bikeability)

Well done to all involved you have IMPRESSED

