

Dear Parents and Carers,

This week's focus in school this week has been curiosity which is crucial in our children's lives as it may be the most important skill for children to learn. As lots of children spend time with electronic devices, some of the free time to explore is lost. All of the children have been challenged to find out more about something that they are curious about.

Who is a child with a curious nature?

A child who daydreams about being an astronaut.

A child that puts together their own very unique outfits in the mornings.

A child who doodles and draws.

A child that isn't satisfied with a one-sentence answer to a question that they may ask such as "Why did the dinosaurs die?"

At this half term's School Council meeting, the children asked for school to hold an event that involved running so all of the children are going to take part in the mini marathon Guinness World Record attempt. Each child will run a mile at school before the 12th May and we look forward to sharing the results with you later this term. [Mini London Marathon in schools - TCS London Marathon](#)

For the last three years, Longlands Primary have achieved the highest gold standard for the Health Schools Rating. Part of this involves parent feedback so we kindly ask that all parents of children in Year 1 and 2 complete the survey by following this link. Many thanks for your support. <https://ipsos.uk/UXPZKPC>

Finally, as you will know, the next two weekends are long weekends with the May bank holiday as well as the additional bank holiday for the King's coronation. Next Friday, 5th May, teachers have planned for a range of activities across the school to celebrate the coronation so please look out for the information for this which will be sent directly from teachers as well as the information about the special coronation lunch on the same day.

Lisa Millington
Headteacher



This week at Longlands



4 All FOUNDATION

NATIONAL FESTIVAL CIRCUS
TRADITIONAL FAMILY FUN

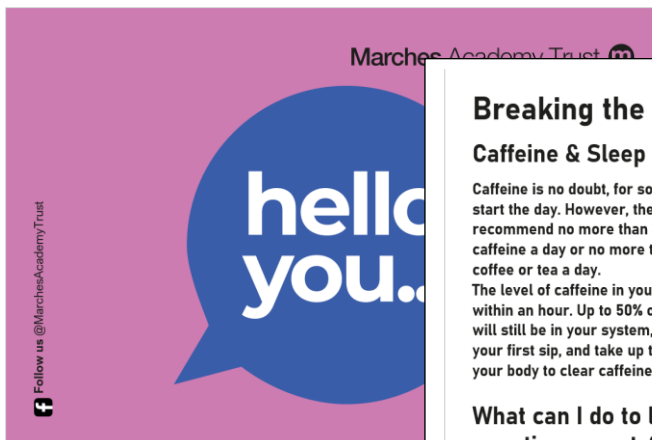
Longlands Primary School, Market Drayton, TF9 1QU

WED 10 MAY

4pm
5:30pm

ALL TICKETS £8.00
TICKETS ARE LIMITED!

Breaking the myth – Caffeine and sleep



Breaking the myth...

Caffeine & Sleep

Caffeine is no doubt, for some the way to start the day. However, the NHS recommend no more than 300 mg of caffeine a day or no more than 4-5 cups of coffee or tea a day. The level of caffeine in your blood peaks within an hour. Up to 50% of your caffeine will still be in your system, 6 hours after your first sip, and take up to 10 hours for your body to clear caffeine

What can I do to limit the negative aspects?

Delay caffeine up to 60-120 minutes after waking up, this will create a natural pattern for your body to wind down, and can avoid the 'afternoon crash'.

Marches Academy Trust

Why?

Too much caffeine can produce and increase anxiety, sleeplessness, palpitations, and agitation and/or restlessness. This also includes energy drinks

Links for support

[How caffeine and alcohol affect your sleep | Sleeping with Science, a TED series - YouTube](#)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

Awareness

- End of Ramadan
- National Stephen Lawrence day

CELEBRATION

Happy Birthday to:

- | | | | |
|-------|-------|----------|-------|
| Poppy | Elm | Morgan | Rowan |
| April | Beech | Scarlett | Maple |
| Lexi | Elm | Ruby | Beech |

AWARD WINNERS



- | Star of the Week | |
|------------------|---------|
| Acorns | Hudson |
| Saplings | Tommy |
| Fir | Jacob |
| Willow | Elliott |
| Maple | Lettie |
| Rowan | Olivia |
| Elm | Sophie |
| Beech | Mikey |
| Oak | Bree |

UPCOMING EVENTS



| May | |
|-------------------------------------|---|
| 1 st | Bank Holiday |
| 2 nd | Cricket – Years 3/4/5/6 |
| 3 rd | Years 3 & 4 Stepping out pedestrian training |
| 8 th | Additional Bank Holiday – King's Coronation |
| 9 th – 12 th | Year 6 SATs tests |
| 9 th | Cricket – Years 3/4/5/6 |
| 10 th | CIRCUS – don't forget to buy your tickets! |
| 15 th – 26 th | Year 2 SATs tests |
| 15 th | Year 3 Swimming |
| 16 th | Cricket – Years 3/4/5/6 |

[Click here](#) to view our term dates.

