

**Dear Parents and Carers,**

This week has been a week of celebration at Longlands.

We are delighted to share that Longlands Primary has, once again, been awarded the Gold Quality Mark for PE by the Youth Sports Trust. This is the 5<sup>th</sup> year running that we have been awarded this quality mark and is recognition of the amazing work of all staff and pupils to ensure that pupils have access to excellent sporting provision across the school. I would like to say a special thank you to our PE team who work incredibly hard to offer excellent PE lessons as well as the enrichment opportunities through after school clubs and sporting competitions.

Congratulations also go to Mr Cross who has just completed and passed his NPQLBC qualification. Mr Cross has been working towards the National Professional Qualification in Leading Behaviour and Culture for the past 18 months and is planning ways to apply these skills across the school in the future.

As we head towards the weekend and the national celebrations of the King's Coronation, you will have received the information from class teachers about our Coronation Day on Friday. The children are invited to come to school dressed for the occasion and will be taking part on lots of coronation related activities as well as the choice of a coronation lunch. Please see the information sent by class teachers for the details for each year group. As we would like the children to have something to remember the coronation by, we have bought each child a commemorative coronation pin, which they will bring home with them today.

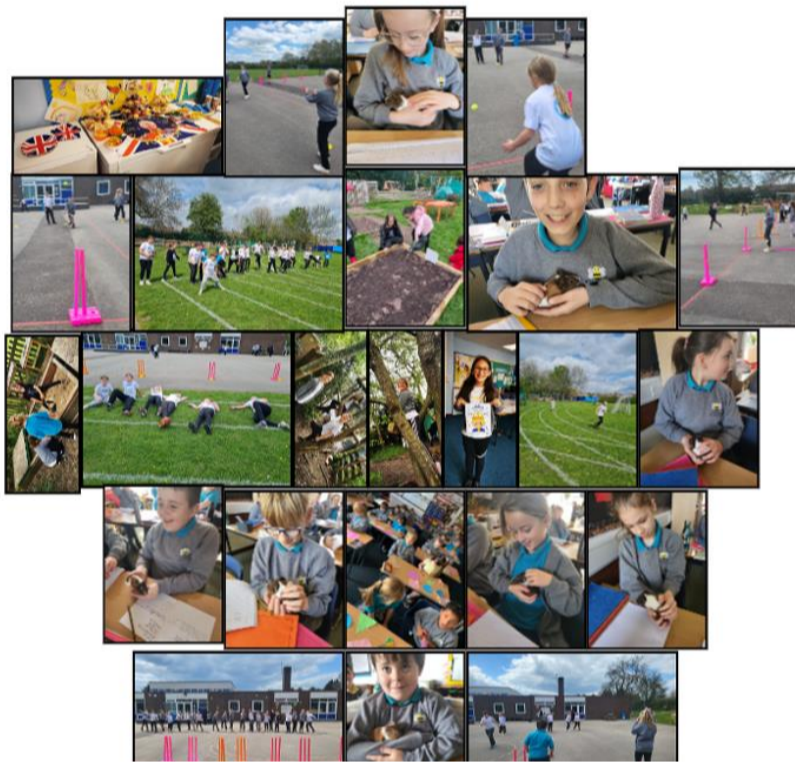
We would like to offer any children who attend Kidsquest after-school club on Wednesday 10<sup>th</sup> May a ticket to visit the 4:00pm show at the Circus. This may be helpful to any parents who are not able to attend the Circus but have children who would like to attend. Please look out for a letter that will be sent with all of these details about the cost and how to book.

Finally for this week, please can any parents who have not yet signed into the Arbor parent App, do this as soon as possible as, before the half term holiday, we will be moving across to the App for communications related to any first aid incidents and the sharing of annual pupil reports at the end of this term.



*Lisa Millington*  
Headteacher

## This week at Longlands



### Breaking the myth – Week 3



#### Breaking the myth...

##### Sleep & your environment

Signs of sleep problems and what's an optimal environment?

Find it difficult to fall asleep.

Lie awake for long periods at night.

Wake up several times in the night.

Wake up early and be unable to get back to sleep.

##### What should I know

7.5 million UK residents sleep under 5 hours, 71% of adults do not have the recommended 7-9 hours sleep a night. Research suggest that lack of sleep can decrease the bodies ability to repair, leading to long term chronic illnesses.

#### Marches Academy Trust

##### What can I do?

The environment plays a crucial part in settling the body and brain for sleep. Having complete darkness in your room is important it tells the brain to release a hormone called melatonin, which signals the body to switch off.

The temperature of your room needs to be between 60-65f. Too hot and your body will not switch off and go to sleep.

##### Links for support

Sleep Toolkit: Tools for Optimizing Sleep & Sleep-Wake Timing | Huberman Lab Podcast #84 - YouTube

#### Awareness

➤ National Walking Month

## CELEBRATION

### Happy Birthday to:

Esther	Rowan	Jake	Elm
Colby	Saplings	Teegan	Maple
Lola	Rowan	Olivia	Maple

## AWARD WINNERS

### Star of the Week

Acorns	Elliot B
Saplings	Kris
Fir	Lwandile
Willow	Charlie
Maple	Davis
Rowan	Esther
Elm	Mia
Beech	Sam
Oak	Keera

## UPCOMING EVENTS

May	
8 <sup>th</sup>	Additional Bank Holiday – King's Coronation
9 <sup>th</sup> – 12 <sup>th</sup>	Year 6 SATs tests
9 <sup>th</sup>	Cricket – Years 3/4/5/6
10 <sup>th</sup>	<b>CIRCUS – don't forget to buy your tickets!</b>
15 <sup>th</sup> – 26 <sup>th</sup>	Year 2 SATs tests
15 <sup>th</sup>	Year 3 Swimming
16 <sup>th</sup>	Cricket – Years 3/4/5/6
16 <sup>th</sup>	Year 4 Swimming
22 <sup>nd</sup>	Year 3 Swimming
23 <sup>rd</sup>	Year 2 visit to Park Hill Farm
23 <sup>rd</sup>	Year 4 Swimming
26 <sup>th</sup>	Break up for half term holiday

