



Over the past 2 weeks we have been listening to stories, discussing feelings, and exploring our emotions around sleep and bedtime routines. Sleep and bedtime routines are important because:

- **They help our bodies grow and stay healthy.**
When we sleep, our bodies rest, repair, and get ready for a new day.
- **They help our brains learn and remember.**
Sleep helps children process what they learned at school and supports good concentration the next day.
- **They help us feel calm and safe.**
Having the same routine each night—like brushing teeth, reading a story, or having a cuddle—helps children feel secure and relaxed.
- **They support positive behaviour and emotions.**
A good night's sleep helps children manage their feelings, stay patient, and get along well with others.
- **They make mornings easier.**
Children who sleep well often wake up feeling happier, more settled, and ready for learning.



- **Over the Easter holidays, we are inviting you to keep a bedtime reward chart with your child to help support a positive and consistent bedtime routine.**
Each evening, you can mark off their chart when they follow their routine—this could include things like brushing teeth, putting on pyjamas, having a calm story time, or settling into bed.
- **Once the chart is complete, please send it back to school by Thursday 23rd April.**
Every child who returns their chart will receive a **Bedtime Hero Certificate** during our special Friday celebration assembly.
- Thank you for supporting healthy sleep habits at home!

During the summer term, we will continue to access our outdoor classroom, and the children's wetsuits provide the perfect 'outdoor apron' for all the messy play that makes learning outdoors such fun.

As the weather becomes warmer, we kindly suggest reviewing your child's wetsuit to ensure it is the right size and still appropriate for the hotter temperatures. A well-fitting, comfortable wetsuit helps children enjoy outdoor learning safely and happily.

Thank you for your continued support in helping us make the most of our outdoor classroom!



Important Diary Dates and Information

Sleep Chart sent home - Wednesday 1st April

Wetsuits home - Wednesday 1st April

Break for Easter - Thursday 2nd April

Return to school - Monday 20th April

Fun Run - Friday 24th April

Teacher training day - Friday 22nd May

Bedtime Reward Chart - returned by Thursday 23rd April for a special celebration on Friday 24th.



Have a wonderful Easter

Take care,
The Nursery Team 😊

