



Matthew's C.E (Aided) Primary School and Nursery Centre



'I can do all things because Christ gives me strength' Philippians 4:13

Friday Feature: 20th March 2026



This half-term we are focusing on the Christian Value of **Forgiveness**



Just as the Lord has forgiven you, so you must also forgive others.

Colossians 3.13

Parent Consultations

Thank you to all parents who attended parent consultation this week it is always a pleasure to see so many of you supporting your children and the school.

World Events

Our priority is to keep children safe but also to teach them about the world around them in an age appropriate and sensitive manner. We want to reassure all parents that as a school we are very aware of the events that are taking place in the wider world and although we are not discussing the current conflicts directly, our curriculum does teach children to develop the personal and social skills to navigate the world around them in a safe, respectful and informed manner. Staff are available if children have any concerns or worries about current world wide events and we are also available for parents to speak to if they feel they require any support.



Easter Worship

Thank you to all of the parents who attended our Easter worships for KS1 and KS2 this week. As always the children demonstrated fantastic service, courage and compassion when exploring the true meaning and values of Easter.

Easter Raffle

Year 6 are holding an Easter Egg Raffle to raise money for the Y6 Prom.

Tickets are 25p each or £1 for a strip with the draw set to happen on Tuesday morning in whole school assembly.

Tickets are on sale again at breaktime on Monday morning.'

Easter Blessings

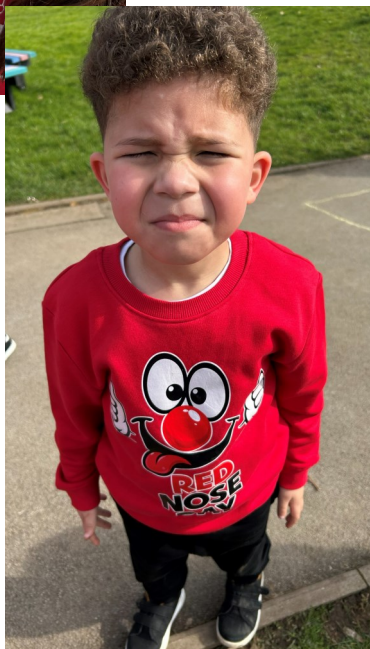
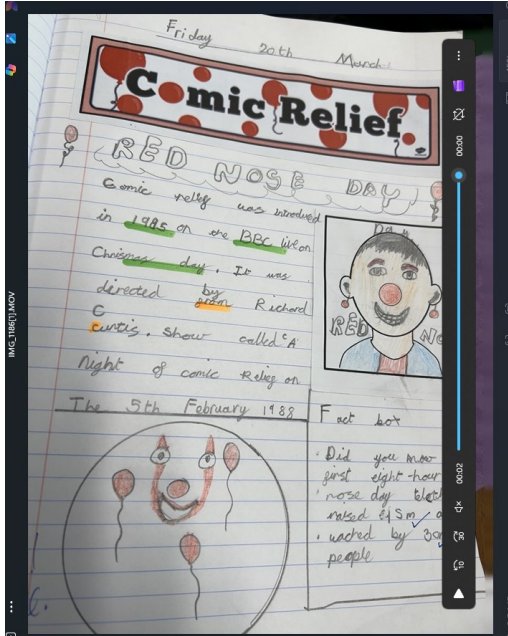


Red Nose Day

Today we supported Red Nose day and the children from the Safeguarding Board and Wellbeing Champions created PowerPoints explaining what Red Nose day is all about and what the money we raise supports.



We have been following this years theme of, 'Design-ye'r nose' and all classes spent part of the day using their artist skills to design their own nose.





Pupils of the Week



Nursery	Aurora
R St Francis	Harper
1: St Teresa	Theo
1/2: St Nicholas	Leo
2: St Joseph	Nina
3: St Cecilia	Xavier / Olivia S
3/4: St Sophia	Aurora
4: St Kateri	Henson
5: St Thomas	Jacob D
6: St Padre	Amelia B

Attendance Award



This week the attendance award has gone to :

St Cecilia 3



Attendance Thank you

Thank you to the children and parents in the following classes whose attendance improved this week:

- 30 hours nursery
- St Francis R
- St Cecilia 3
- St Kateri 4
- St Padre 6



Future Dates

Wednesday 25th March	Yr6 Arthog
Friday 27th March -	
30th March to 10th April	Easter Break
4th May	Bank Holiday
25th to 29th May	Half Term
1st June	PD Day
17th July	Break up for
Summer	

Weekly prayer



Heavenly Father

Please help me to forgive myself for the wrongs that I have done.

Guide me as I learn from my mistakes and become a better person.

In Jesus name

Amen

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE



Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES



Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS



Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE



Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT



Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES



Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP



Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE



Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT



Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD



Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College