



We raised just over £290 and had Sara and Shafqat on TV!
 To view the BBC Children in Need clip [click here](#).

Dear parents and carers,

I'm going to start with some really positive news this week...we raised £290.40 (and that was without a cake sale)! We might be a smallish school but we have a very big heart and generous spirit together!
 Thank-you to you all for your donations.
 Well done to school council.

I hope you got to see Sara and Shafqat (from Year 6) on the TV! Massive thanks to Debra for super organisation and Pudsey for coming to Kobi Nazrul with such energy!

As we continue to work together so well to keep 'COVID safe' I just thought it would be helpful to remind families that if anyone in your household is awaiting COVID test results, please don't send your children to school until you have a negative result. If anyone in your household did happen to have a positive result, please do call to let us know so that we can take any action that we need to as a school; one example being to set up remote learning for children in isolation.



Best wishes,
 Belinda

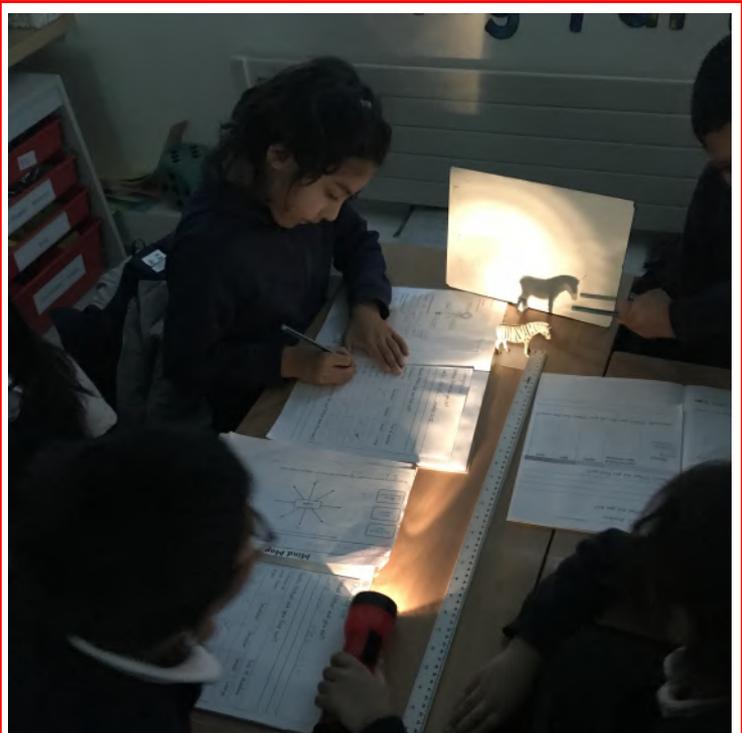
Attendance

Year Group	Week ending 13.11.20	Week ending 20.11.20
N	97.66%	99.06%
R	88.73%	91.03%
1	94.21%	93.57%
2	99.44%	97.33%
3	98.76%	100%
4	99.70%	98.57%
5	96.17%	95.31%
6	95.95%	97.56%
OVERALL	95.83%	96.15%



Well done to **Year 3** who are the **Attendance Champions**

If you want to be a champion, make sure you come to school on time every day!



Let's Investigate!

Year 3 carried out 3 investigations this week to find out more about their Science topic 'Light and Dark'. You can put their knowledge to the test by asking them these questions about light and shadows!

- What helps us to see?
- What creates a shadow?
- What makes a shadow bigger or smaller?
- What makes some shadows lighter or darker than others?

Great investigating Victoria Class! :-)

We have recently noticed some children quite tired during lesson times so we the information below (from the NHS) might be helpful. If you are having issues with bedtime routines etc, please do let us know and we'll do our best to help or signpost further support. We know this can prove tricky for some families.

Good sleep is important for your child's physical and mental wellbeing. A relaxing bedtime routine is an 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.

YOU COULD ALSO SUGGEST YOUR CHILD TRIES THIS RELAXING BREATHING EXERCISE BEFORE BED.

KNOW HOW MUCH SLEEP YOUR CHILD NEEDS

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

[See how much sleep your child needs](#)

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 16 to 20C.

Fit some thick curtains to block out any daylight. If there's noise outside, consider investing in double glazing or, for a cheaper option, offer your child earplugs.

GET HELP WITH SLEEP PROBLEMS

If you've tried these tips but your child keeps having problems getting to sleep or sleeping through the night, you may feel you want more support. You can speak to a GP or health visitor to begin with. They may refer you to a child psychologist or another expert.

TEENS AND SLEEP

Your child's sleep may change when they become a teenager. Find out about [sleep tips for teenagers](#).

3 years

daytime: 0 to 45 minutes

night-time: 11 hours 30 minutes to 12 hours

4 years

night-time: 11 hours 30 minutes

5 years

night-time: 11 hours

6 years

night-time: 10 hours 45 minutes

7 years

night-time: 10 hours 30 minutes

8 years

night-time: 10 hours 15 minutes

9 years

night-time: 10 hours

10 years

night-time: 9 hours 45 minutes

11 years

night-time: 9 hours 30 minutes

12 years

night-time: 9 hours 15 minutes



Take a look at the excellent phonics books of some of our Year 1 pupils this week. They are making such great progress with their phonics. Keep it up Manha, Dawood, Yaqub, Adan and Hibban.



As part of our Totally Thames topic Year 4 have been looking at Royal Palaces along the Thames.

In design technology we looked at different thrones from different periods and then went on to design and make our own. Can you guess what they are made of?