Cranford Park C of E Primary School
NEWSLETTER

No. 59: February 2026

Let your light Shine

Hopefully you have received a copy of our 'Spring Show' categories. We sent this out now – one per family with the eldest sibling - in case you were feeling creative over the half term break, but entries do not have to be in until **24th March**. In previous years, we have been blown away by the creativity, so we look forward to seeing what you can come up with for our new categories this year! Please ensure your child's name, year/class and the category are included on your entry. Spare copies are in the office in case yours doesn't make it home!

We have also sent out the bounce for books sponsor form ready for half-term meet-ups with friends, family and so on! Please do gather as many sponsors for us as possible. Remember, **every penny** of the money will be spent on books for the children. A prize will be given to the child in each class with the greatest *number* of genuine sponsors of £1 or more and another for the child in each class who raises the largest *amount* of money. Again, spare copies are in the office. Thank you! 😊

iPad Appeal

Our ipads are on their last legs and have decided to start conking out on us! Could you, your wider family or your company/workplace sponsor us for an ipad?

We've had a quote for new ones at a special rate of **£389 each** and ideally we'd like **30** for whole class use. As you know, our school budget does not contain such extra funds!

We would be very grateful indeed for any donations towards this. If you can help, please let me know, or speak to Mrs Wilcox in the office. Thank you!

CYCLE CHAMPS

Our Year 5 children had a great time this week learning to be safe on the roads! After practising their skills, they ventured out to apply their new learning!

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Year R Castle Day!

🏰 👑 Year R recently transformed into royalty for their Castle Fair Party! From jousting and ring relays to treasure hunts and a royal ball, the children had a magical day of learning and laughter. ✨

Calling all Budding Bakers!

We have received communication from a Series Producer at Love Productions letting us know that they have recently opened applications for the 12th series of **Junior Bake off**, a Channel 4 competition series celebrating Britain's young baking talent! They are looking for young budding bakers between **9-15 years old** and interested bakers can apply online at - www.applyforjuniorbakeoff.co.uk

Filming would take place from July 2026, but **applications close on Sunday 15th March 2026**.

Enquiries can be sent to: applyforjuniorbakeoff@loveproductions.co.uk

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‘Teach Sleep’ this Children’s Sleep Awareness Month!

Quality sleep is essential for physical health, emotional wellbeing, and academic success and, this February, we are shining a light on the importance of sleep for children as part of Children’s Sleep Awareness Month 2026.This year’s theme is ‘Teach Sleep’ with a focus on the important role sleep plays in education.
Every child deserves a good night’s sleep – yet for many families, restful sleep can feel out of reach. Sleep is not a luxury; it’s essential for children’s physical health, emotional wellbeing and ability to learn. Recent wellbeing data from YouHQ shows just how closely sleep is linked to children’s moods at school. Since the platform launched, sleep has been logged over **51,000 times** as a key influence on how pupils feel – making it one of the most significant factors in daily wellbeing.

PRACTICAL SLEEP TIPS FOR CHILDREN

Everybody can benefit from having a good sleep routine – even grown-ups! A good sleep routine needs to be planned well in advance. Consistency and firmness are also key.

Firstly you need to consider what time bedtime will be and then work backwards, planning the hour leading up to it in some detail. If your child isn't settling until late you may need to gradually move their bedtime as previously described, the routine will need to be gradually moved too.

- Make sure bedtime is realistic, if your child isn't falling asleep until 11pm there is no point starting a routine at 6pm.
- Create a calm, sleep-friendly bedroom. It needs to promote relaxation so decorate in calming colours, remove gadgets from the room (including the TV) and put toys away. Keep the room dark to block out external light and never have it too warm, 16-18 degrees is ideal.
- Don't send children to their bedroom/bed if they've been challenging. Their bedrooms should be a safe haven and not one where they feel anxious, stressed or worried.
- Dim the lights in the hour before bedtime, close the curtains if needs be and create some darkness to help to promote melatonin (sleep hormone) production.
- Turn all screens off in the hour before bedtime to help calm your child and to support the production of melatonin (the sleep hormone).
- Offer quiet activities that are motivating to your child. Fine motor skill activities are perfect to aid relaxation eg jigsaws, colouring in, threading, building with bricks etc.
- Consider introducing supper time. Slow releasing carbohydrates are great for keeping little tummies full. Dairy products are also very calming at night time. Avoid anything sugar loaded or containing caffeine.
- Baths are great if your child finds them relaxing. If however they are fearful of them or get overexcited they may not help in the bedtime routine. Ideally a bath should take place 30 minutes before bedtime as this aids relaxation by increasing the body temperature. It is the slow decrease in body temperature that helps us to feel more relaxed and nod off more easily.
- Get ready for bed in the same order – for example, pyjamas on, tooth brushing, toilet etc.
- Once in bed spend some time reading a bedtime story with your child.
- Give hugs and kisses and tell your child 'it's night time, go to sleep'.
- Wake them up at the same time each morning to help to strengthen their body clock.

Worryingly, sleep is also the number one contributor to negative mood when it goes wrong. These insights reinforce what we already know: when children sleep better, they cope better, learn better and feel better. Together, we can normalise conversations about sleep and give children the tools they need to rest well.

SLEEP ADVICE FOR CHILDREN WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITY (SEND)

If you have a child with additional needs and sleep issues, bedtime can be tricky. Here is some advice that may help if your child struggles to drop off or stay asleep.

- Explore reasons for your child's sleep issues. Underlying reasons may include sensory processing difficulties, lack of understanding about night and day or medical issues.
- Record what is happening at night by using a sleep diary. Share this information with professionals to see if they can help you to explore why your child may have sleep issues and which might be appropriate strategies to try to improve your child's sleep.
- Use visual clues to support your child's understanding. Visual timetables can help to show your child what is going to happen next during the bedtime routine. This can make the evening calmer and easier for you and your child.
- Television viewing may hinder melatonin production so avoid any screens in the hour leading up to bedtime - this includes mobile phones and computer screens. Melatonin is the hormone that helps us to fall asleep and some research suggests that some children with SEND may not produce enough or may release it later in the evening. Replace TV with calm activities like completing a puzzle together or colouring.
- Review your child's diet to ensure that they are not eating or drinking anything sugar loaded before bedtime.
- Make sure your child is getting enough physical activity during the day and enough day light, particularly exposure to morning light.
- Slow down activities at the end of the day to help your child relax and prepare for sleep.
- Reduce talking and noise in the house or try calming music at bedtime. You can also consider a white noise machine if this is something your child likes.
- Adjust light levels in the room to help the release of melatonin. Use warm/yellow light rather than harsh white light. Blackout curtains reduce bright light coming into the bedroom in summertime. If your child is visually impaired or hearing impaired then sleeping in total darkness may be disorientating for them.
- Ensure that your child is in a routine and put them to bed at the same time each night. It is also important to wake them at the same time each morning.
- Having a warm bath or shower before bed leads to a drop in body temperature that can help your child feel more relax and get to sleep more easily.
- Review your child's bedroom and assess whether it is a good environment to promote sleep. Put toys away or cover them up so your child is not visually distracted. Avoid strong cooking smells or perfumes near your child's sleeping area. Your child may have a favourite calming scent that they like to smell.
- Consider how their bed feels and whether it meets their sensory needs. Your child may have favourite pyjamas or prefer certain textures against their skin. Let them choose what type of bedding they have.
- Some children like to use a weighted blanket while they settle to sleep, however do not leave a child unsupervised with a weighted blanket, or allow them to use it whilst sleeping. A lycra sheet can be used on the mattress to provide touch pressure and a feeling of security.
- Use deep touch pressure such as firm hugs and/or massage to help calm your child's sensory system (link to hands on massage video).
- Sleep problems can be complex and it is important to try to identify possible causes, these can include anxiety issues, behavioural sleep issues as well as medical factors. Ask your health practitioners for guidance. Make sure that you tell them about any unusual night time behaviours such as snoring, teeth grinding or night terrors too.

For details of free webinars or more information, go to their website at: https://thesleepcharity.org.uk/information-support/children/

New events or changes are given in bold

Mon 23rd Feb: Children return to school
Mon 23rd Feb: Choir to Young Voices at the O2
Wed 25th Feb: Wellington 'Escape Room' for Y5
Wed 25th Feb: GRT Coffee Morning with EMTAS
Thurs 26th Feb: Y5/6 'Healthy Me' from Nursing team
Thurs 26th Feb: Year 6 Cake Sale
Fri 27th Feb: Year 6 Class Assembly
w/b 2nd March: BOOK WEEK
Mon 2nd March: Bring a book to swap in your class
Tues 3rd March: Bounce for Books
Tues 3rd March: Reading Café for KS2 families 2.30pm
Wed 4th March: Reading Café for KS1 families 2.30pm
Wed 4th March: Wellington 'Escape Room' for Y5
Thur 5th March: World Book Day – Dress up day
Tues 10th Mar: PTA Mothers' Day Sale
Tues 10th Mar: PTA Meeting after school
Wed 11th March: Y4 Vikings 'Play in a Day' theatre
Wed 11th March: Y1 'Eyes open stay safe' Workshop
Thurs 12th Mar: Year 4 Cake Sale
Friday 13th Mar: Year 4 Class Assembly
w/b 16th March: STEM WEEK
Tues 17th Mar: Forensic Science Workshops
Wed 18th March: KS1 Indian Dance Workshops
Thurs 19th Mar: Virtual Reality workshops
Thurs 19th Mar: Y2 & Y4 'Walk through Easter' St Peter's
Thurs 19th Mar: Y5 to Wellington Chemistry Spectacular
Thurs 19th Mar: Year 1 Cake Sale
Fri 20th March: Year 1 Class Assembly
Fri 20th March: Y2 Nightwalk 6-8pm
Fri 20th March: Comic Relief – details to follow
Mon 23rd March: iRock assembly – parents welcome
Tues 24th March: 9.30am Whole School Easter Service at St Peter's Church
Wed 25th March: Easter fun day with Easter tea
P.T.A. tea and tombola
Wed 25th March: PTA Mufti Day for bottles for May Fair
Thurs 26th Mar: Y5 trip to Winchester Science Centre
Thurs 26th Mar: Year 6 to 'Think Safe' event
Thurs 26th Mar: Year 2 Cake Sale
Fri 27th March: Year 2 Class Assembly
Fri 27th Mar: Break up for Easter 1.15pm
Mon 13th April: Children return to school
Tues 21st April: PTA Meeting after school
Wed 22nd April: 3-4pm Yr 5 to Wellington for low ropes
Fri 24th April: PTA 'Dare to be different' day
Fri 24th April: Happy School Bags clothing collection
Wed 29th April: 3-4pm Y5 to Wellington for paddling
Mon 4th May: Lions May Fair, Yateley
Thurs 7th May: Photographer – classes and leavers
Fri 8th May: PTA Mufti Day for sweets
Fri 8th May: PTA Popcorn Party
w/b 11th May: Y6 SATs testing week
11th to 13th May: Y5 residential to Runways End
Fri 15th May: Y3 Sleepover 6pm to 7.30am
Tues 19th May: PTA Meeting after school
Wed 20th May: Break up for half term 1.15pm
21st & 22nd May: INSET DAYS
Mon 1st June: INSET DAY
Tues 2nd June: Children return to school
Friday 5th June: Freezy Friday sale
Tues 9th June: PTA Meeting after school
9th/10th June: Y4 residential to Minstead
Thurs 11th June: GRT coffee morning (EMTAS) – 8.30am
Fri 12th June: Freezy Friday sale
Tues 16th June: PTA Fathers' Day Sale
Fri 19th June: Freezy Friday sale
Wed 24th June: Y6 Leavers' Service Winchester Cathedral
Fri 26th June: PTA Mufti day £1
Fri 26th June: PTA Summer Fair after school
Tues 30th June: Inter-school athletics events, Aldershot
Wed 1st July: Yateley Secondary Induction Session
Thurs 2nd July: Yateley Secondary Induction Session
Thurs 2nd July: Whole school 'move up' day
Friday 3rd July: Freezy Friday sale
w/b 6th Jul: Y6 residential to Avon Tyrrell
8th & 9th July: Frogmore transition days
Friday 10th July: Freezy Friday sale
Tues 14th July: PTA Meeting
Friday 17th July: Freezy Friday sale
Friday 17th July: PTA Mufti day for £1
Fri 17th July: Y6 Leavers' Party
Tues 21st July: PTA Colour Run event
Wed 22nd July: 9.30am Y6 Leavers' Service St Peter's
Wed 22nd July: Break up for summer hols 1.15pm
Thurs 24th Sept: Individual Photographs
12th – 17th July: Y6 Residential to Avon Tyrrell
19th – 20th April: Y4 Residential Visit

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