



This half term we are focussing on: **Resilience**

# William Ransom Weekly

Good Morning Parents and Carers,

Welcome back and a Happy New Year to you all!

The first full week back to work and school in January is always a tough one, for staff and children alike and, I daresay, for all of you as well!

The Christmas break is always an interesting one in that we call it a 'break' and this is rarely true. The reality of the two weeks that the children have just experienced is that it is usually a time of heightened excitement, eating food that wouldn't normally be eaten and probably in quantities and frequencies that are higher than usual as well, a lack of the usual routines and bedtimes which have varied, or in some cases, changed completely. None of these changes are surprising and they are all in keeping with the time of year and the festive period that is usually much needed after a long and busy year. The difficulty, for children, usually occurs when they return to school in January. Their eating and sleeping patterns have usually changed and, although they are getting up early once again, they are not falling asleep until later in the evening leading to some very tired and irritable children. If you are one of those parents or carers whose child is struggling with this, the below suggestions from [The Sleep Charity](#) might help...

**1. Establish a Consistent Bedtime Routine:** Reintroduce a consistent bedtime routine to signal to your child that it's time to wind down. This routine might include activities like reading a book, taking a warm bath, or practising relaxation exercises. Consistency is key to creating a sense of security and predictability.

**2. Limit Screen Time Before Bed:** The blue light emitted by screens can interfere with the production of melatonin (the sleepy hormone). Establish a screen-free zone at least an hour before bedtime to promote a more relaxed and restful environment.

*Coming Up Next Week..*

*Friday*

- Yr 4 swimming
- 9am - Coffee & Chat with Mr Plunkett and Mrs Wheat. All parents invited to an open Q&A session over a cup of tea and coffee



*Happy New Year From Everyone at The SPA*

News to follow in the very near future regarding upcoming SPA events for 2024...



*Thank you!*

Thank you to everyone who has used their loyalty cards when purchasing books at Next Page Books. Your spending has earned our school £110 to spend on books for the children!

**3. Create a Comfortable Sleep Environment:** Ensure your child's bedroom is conducive to sleep by making it dark, quiet, and cool. Consider using blackout curtains, white noise machines, or soft nightlights to create an ideal sleep setting. This is a great time to check if your child's bed is still comfy and supportive.

**4. Fresh Air:** Head out for a family walk and encourage regular exercise as this can help regulate sleep patterns. And it gets them away from those tv/tablet screens and gaming.

**5. Limit Caffeine and Sugar Intake:** Put the Christmas chocolates away! Reduce the consumption of caffeinated and sugary foods, especially in the evening. These can interfere with your child's ability to fall asleep and stay asleep. Opt for healthier snacks and meals that promote better sleep such as bananas, cherries and sugar-free cereals. A warm milky drink is the perfect alternative to pop/juice.

**6. Communicate and Set Expectations:** Talk to your child about the importance of sleep for their overall well-being and academic success. Set clear expectations and involve them in the process of transitioning back to a school sleep schedule. This helps them feel more in control and responsible for their sleep habits.

**7. Be Patient and Understanding:** After all the excitement of Christmas, understand that the transition may take some time, and your child might resist the change initially. Be patient and empathetic, offering support and reassurance as they adapt to the new routine.

I wish you all a relaxing and enjoyable weekend.  
Mr Plunkett



### *Spring Term Sports Clubs*

Our Spring term sports clubs will all be starting next week. This half term there will now be 15 lunchtime clubs running for every single year group! All children have been able to attend the clubs they have been signed up for and we are covering 10 different sports. For more information and to see an overview of all of the clubs running this half term, [please click here](#)

### *School Pick Up Arrangements*

The spring term will see a revision to some of our pick up arrangements for children across the school. From Friday 5th January:

- All parents and carers in Year 3 (Elm and Maple) are invited onto the playground through Gate 3. We ask that you wait by the gate on the playground (cones will be placed out to mark a waiting area) but spread out across the space so that class teachers can clearly identify you and we can ensure a safe handover.
- All parents in in Year 4 (Beech and Lime) are invited onto the main playground through Gate 6. We ask that you wait behind the cones (that will be put out) by the wooden activity trail, again spread out so that class teachers can clearly identify you and we can ensure a safe handover.
- Parents of Year 4 children wishing for their child to leave by themselves should confirm this by email to [admin@ransom.herts.sch.uk](mailto:admin@ransom.herts.sch.uk). We will only allow children to leave by themselves if we have received this confirmation.

## *New Process For Medication*

All medication stored at school will be sent home at the end of this term for you to check that they are still in date. When you return in January:

- All prescribed medicines, including asthma pumps and epi-pens, must be handed in at the office at the beginning of the Spring term, where a member of the office team will check existing records and update, where needed, with the parent/carer present.
- Asthma pumps and epi-pens will then be checked to ensure that they are in date and will be sent to your child's classroom.
- All other prescribed medicine will also be date checked and then be stored in the school office. Children will then report to the office to take their medication when needed, which will be recorded on our online tracking system, Medical Tracker.
- When children are prescribed medication during the term, this must also be handed in to the school office.
- No medication, with the exception of asthma pumps and epi-pens that the school office are aware of, can be sent in with a child.

## *Taking Care Around Railways*

With our school being very close to a railway line, we wanted to share links to two assembly videos focussed on railway safety. We will be sharing these videos during assemblies at the start of the spring term but, with the two week Christmas break coming up shortly, we wanted to take the opportunity to share them with you now. We are aware that children might be around railways and railway lines over the break and we want everyone to be as safe as possible over that time. You can access the KS1 video by [clicking here](#) and the KS2 video by [clicking here](#).



## *School Dinners Moving Forwards*

The way that school meals are ordered will be changing from Friday 5th January. We will be moving to a system in which parents and carers can order a school meal for their child on the days that they choose. To allow this system to work, we ask that all parents and carers order their child's meal no later than midnight for the following day. We sincerely hope that this will help to support all of our parents at a time when everyone's finances continue to be stretched.



## *Please Look After Our Neighbours*

With 423 children now in the school, we fully realise that picking up and dropping off are going to be very busy times outside the school. But please be respectful of our neighbours. Please make sure that you are parking sensibly and responsibly and being courteous.



## *Crossing Wymondley Road*

As you are all aware, Lollipop Kate has now retired and the role is currently being advertised. If you feel that this could be for you, then please [click here for further details](#) and, even though your employer would be Herts County Council, we would welcome you into our team. In the meantime, please continue to remind your children to take extra care and be extra cautious when using the crossing on Wymondley Road.