

7th May 2024

Dear Parents and Carers,

Next week your child/ren will sit their SATs and we aim to make this as stress free as possible. We are all very proud of the effort and perseverance they have shown this year and encourage them to do their best.

Timetable for next week

We have to administer the tests on particular days at particular times as these are national assessments and we can be moderated by the Standards and Testing agency. All tests will begin at 9.00am and it is essential that you arrive on time. If your child is too ill to come into school on that day, you must call the school, remove all electronic devices from your child, ensure they have no contact with any other child who has taken the tests and await further instruction as we have to notify the DfE.

Date	Activity
Monday 12 May 2025	English grammar, punctuation and spelling papers 1 and 2
Tuesday 13 May 2025	English reading
Wednesday 14 May 2025	Mathematics papers 1 and 2
Thursday 15 May 2025	Mathematics paper 3

Year 6 Breakfast Club

The school will provide (at no cost to the parents) a breakfast for all children in Year 6. Children will be welcomed into the school hall at 8.10am for toast, cereal and juice. After this, the children will get to have some time on the field relaxing before school starts at 8.40am. Breakfast will stop being served at 8.25am so children arriving after this time will not be able to have breakfast.

How you can help your child:**Sleep**

The NHS recommends the average 11-year-old needs 9 hours sleep a night.



"They will soar on wings like eagles"



Nurture. Respect. Responsible. Community. Compassion. Courage.



Exercise and activity

Exercise during the day is important to help us sleep but discourage lots of activity right before bedtime. Exercise affects our body temperature and the best time to exercise to promote sleep is 4 - 6 hours before sleep.

Diet

A healthy balanced diet promotes good sleep. A large meal too close to bedtime will interfere with sleep. If your child has a snack before bed, carbohydrates such as bread or cereal are good options. Monitor your child's sleep to consider how different foods may be affecting their sleep.

Environment

Create a good sleeping environment for your child. Their bedroom should be calm dark, quiet and cool. A night-light may help children feel safer. Do not allow your child to watch TV or play computer games whilst falling asleep. These activities stimulate children and therefore do not promote sleep.

Mental Health

Talk to your child about any anxieties, worries or concerns they may have and please let their class teacher or a member of the pastoral team know.

As always, we are here if you have any questions. We are incredibly proud of every single pupil and no matter what happens on the day, they are incredible individuals with a bright future.

Best wishes from everyone at St Mary's,