



Lea Endowed CE Primary School
Newsletter No 3
Friday 2nd October 2026
Our theme this half term is
COURAGE

"Let your light shine." Matthew 5:16



As we settle into the Autumn term, it has been wonderful to see our classrooms buzzing with enthusiasm, curiosity and a love of learning. The children have embraced new routines, formed new friendships and approached their learning with positivity and determination. This term offers many opportunities for growth, both academically and personally, and we encourage all children to continue demonstrating our school values through kindness, resilience and respect. We look forward to a busy and exciting term ahead, filled with learning, enrichment activities and special events. We are very thankful for our families and your continued support in ensuring that children arrive at school ready to learn, attend regularly and take pride in all that they do. However, we have noticed as a staff that quite a number of children are coming into school saying they are tired. Every child is different, of course, but as we move through the busy Autumn term, a good night's sleep is one of the most important ways to help children thrive at home and at school. Establishing a consistent bedtime routine, limiting screen time before bed and ensuring children get enough sleep can make a significant difference to their wellbeing. I hope this table is a helpful guide.

How much sleep does your child need?		
NHS guidelines recommend the following amounts of sleep per 24 hours (including naps).		
0-12 months (including naps)		14-17 hours
1-2 years (including naps)		11-14 hours
3-5 years (including naps)		10-13 hours
6-12 years		9-12 hours
13-18 years		8-10 hours
Good sleep supports: ✓ learning and concentration ✓ mood and behaviour ✓ physical health and growth		
Good habits, better sleep A consistent bedtime routine, limiting screen time and getting regular exercise can all help.		
Every child is different. These are general guidelines. If you're concerned about your child's sleep, speak to your GP.		

Harvest Service @ St Christoher's Sunday 11th October at 10:30am

You are all welcome to the Harvest Service where Rev Joe is also running a **Fruits of the Spirit** competition. Bring your poster or model along with you to the church service on Sunday 11th Oct @ 10:30am. All entrants get a chocolate bar and there's an extra large chocolate bar for the winner 😊

Please see flyer, sent out with this newsletter

AUTUMN PRAISE CELEBRATION 8TH OCTOBER

We are very much looking forward to welcoming our families to our whole-school Autumn Praise next week. This is always a special opportunity to come together as a school community and celebrate

Awe and Wonder in our beautiful world.

As this involves the entire school, space in the hall will be extremely limited. We would therefore be grateful if families could help us by limiting attendance to a **maximum of two people per family, including younger siblings**. We appreciate that this may be disappointing for some family members, but this will help us ensure that as many families as possible are able to join us safely and comfortably.

Thank you for your understanding and support. We look forward to sharing this special occasion with you.



MRS SEAGRAVE'S HEADTEACHER'S AWARD

I am delighted to have presented my special award for shining brightly and making a wonderful contribution to school life to:

Hannah in Y3

and

Frankie in Y5

Well done and keep shining brightly; I'm very proud of you.

Have a lovely weekend,

CM Seagrave