

### Dear Parents

The weeks are starting to fly by now. Following the excitement of a new school year, you may be finding that your child(ren) are feeling a little bit weary now that they are back in the routine. I know this is very much the case in my house ©. But who knew a pair of socks might just help!? As teachers we are all constantly learning just like your children and we spend time reading new research and articles to see what could be useful school.



One recent article talked about sleepy children at this time of year and recommended socks at bedtime (breathable fabric and awareness of over-heating) based on scientific reasons to help temperature regulation. It just so happens that I have one daughter who by coincidence has done this and is going to sleep quicker and for longer and one slightly grumpy daughter who is quite tired! So ... solution – fluke – nonsense? We can't answer that, but a curious tale nonetheless and recognition that we understand some children can be tired as they begin a new school year.

# What to wear?

The change in the weather from one day to the next can catch us out. Please make sure that your child always has a coat suitable for the wind, rain and cool temperatures in school as we do aim to get out in all weathers as fresh air is vital to help us re-charge and re-fresh between lessons. Also, may I take this opportunity to remind everyone to double check that each piece of uniform is named and/or the name is still GEGRGE visible – otherwise all items belong to George ©

#### Reading

We have been so impressed with how much everyone is reading in school. Thank you and well done! It makes such a difference to read regularly in understanding, use of language, confidence of ideas, range of vocabulary and so much more ... best of all, it's fun! Following the link from the Reading Newsletter sent previously, if you are reading something that you think others will enjoy, you can make suggestions by simply clicking on the email link.

# Student Update Forms & Annual Consent for Trips and Visits

Please ensure that all update forms are back in the office as soon as possible. We are processing any amendments and will update all our records accordingly.

#### Scholastic Book Club



■ SCHOLASTIC Don't forget the deadline for book club orders is Friday 28th September. You can order online @ http://schools.scholastic.co.uk/eagle or hand your orders into the office with cash or cheque made payable to "Eagle School Fund". If you would like your order saving for collection from the office, just let Mrs McCutcheon know.

Kind regards Hayley Adams











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