



Message from Head Teacher 'held a whole school assembly on the importance of getting enough sleep'. Please see the advice below, given by the NHS on sleep.

How much sleep do children need?

Sleep is very important to a child's wellbeing. There's no set amount of sleep that all children of a particular age need, but here's a guide to the approximate hours of sleep they should aim for. These are hours of sleep based on age, as recommended by the Millpond Children's Sleep Clinic:
4 years night time: 11 hours, 30 minutes 5 years night time: 11 hours
6 years night time: 10 hours, 45 minutes 7 years night time: 10 hours, 30 minutes
8 years night time: 10 hours, 15 minutes 9 years night time: 10 hours
10 years night time: 9 hours, 45 minutes 11 years night time: 9 hours, 30 minutes

How lack of sleep can affect children

Evidence shows that night time sleep is just as important as healthy eating and exercise for children to develop. Those who don't get enough sleep are more likely to be overweight or obese. This is because they tend to crave and eat sugary or starchy food during the day to give them energy to stay awake. The key to how much is enough sleep is whether a child gets up fairly easily in the morning, is alert and happy for most of the day, and is not grumpy. Younger children who are persistently sleep-deprived seem irritable and overactive, seek constant stimulation and don't concentrate well. Such symptoms can be mistaken for mild ADHD (attention deficit hyperactivity disorder). Please ensure your child/ren get enough sleep in order for them to achieve well socially and academically.

School Uniform

We are very proud of our school uniform. It is a smart red and is worn with grey. The school logo is on the sweaters and cardigans. Our uniform with a logo is available from the Trutex Schoolwear Shop in Gloucester and many shops sell basics school uniform clothing.

Boys Uniform

Grey Trousers/Shorts
White Polo/Shirt
Red Sweatshirt
Sensible black shoes

Girls Uniform

Grey Skirt/Trousers/Pinafore
White Blouse/Polo
Red Sweatshirt/Cardigan
Sensible black shoes

All clothing and items brought into school must be clearly named. Please ensure that your child/ren are in correct uniform every day. Thank you.



Class Attendance Figures

Mrs Short is our School Attendance Officer. Each week, in whole school assembly, the class/es with the highest attendance percentage are praised and presented with an award to keep in their classroom for that week.

Mrs Short would like to say **WELL DONE** to the following classes who have achieved the highest attendance percentage since coming back to school:

06.09.17 - 15.09.17

Zinc Class, Year 5 and Green Class, Year 1 for achieving an amazing **100%** attendance. Keep it up!



Reporting Pupil Absences

If your child will be absent from school due to illness, please telephone the school Office, before 9am, stating child's name, class and the nature of the illness.
01452 527689

Medical Appointments

We understand that hospital appointments need to be attended at times offered, however, we ask that Doctor and Dental appointments are made out of school hours.

An introduction to Internet Family Safety - a free workshop about staying safe online run by Adult Education in Gloucestershire. Wed 25th Oct, 12.30 - 2.30pm To join the workshop call 0800 542 1655 or email learn@gloucestershire.gov.uk

Play Rugby - Widden Old Boys are looking for new players (boys & girls). Contact Mark Elton on 07875 197599 for details. www.widdenfc.co.uk

Dates for your diaries

27th September	Y5 Viking Experience
11th October	Y1 visit Beechenhurst
12th October	Maths Open Morning 9.15 - 10.30am*
20th October	End of Term 1
30th October	Start of Term 2
31st October	Deadline to apply for Secondary School places
30th Oct-3rd Nov	Y6 Residential trip to Condover Hall
17th November	Arts week mini exhibition 3.30 - 4.15pm*
23rd November	Y1 Cinema visit
19th December	End of Term 2
3rd January 2018	Start of Term 3
11th January	Y1 start swimming lessons
12th January	Y3 start swimming lessons
8th February	End of Term 3
19th February	Start of Term 4
27th February	English Open Morning 9.15 - 10.30am*
29th March	End of Term 4
16th April	Start of Term 5
19th April	Reception start swimming lessons
20th April	Y5 start swimming lessons
25th May	End of Term 5
4th June	Start of Term 6
19th July	End of Term 6



**for our current parents*

Term dates are available on the school website
www.caltonprimary.co.uk

Calton Primary School Open Days

(for current parents)

We would like to invite our current parents to attend the following:

Maths Open Morning

Thursday 12th October 9.15 - 10.30am

Arts Week mini exhibition

Friday 17th November 3.30 - 4.15pm

English Week Open Morning

Tuesday 27th February 9.15 - 10.30am

Please go to Garnet Hall on arrival

Check out Calton Primary School
Open Days, we hope to see you!

Calton Primary School warmly invite prospective parents (Sept 2018 intake) to attend the following:

Open Morning

Tuesday 14th November 9.30 - 10.30am

Open Afternoon

Wednesday 15th November 2 - 3pm

We look forward to meeting you in November

Local School Open Days

Belmont School

An outstanding special school for 4 - 16 yr olds
Open Days with guided tours Thurs 16th November 1pm
Friday 19th January 1pm Monday 22nd January 9.30am
To book a tour, contact Khanna@belmont.gloucs.sch.uk 01242 216180

Kings Open Morning

Saturday 7th October 10 - 12
For more information contact
Admission on 01452 337337
www.thekingschool.co.uk

High School for Girls

Denmark Road, Gloucester GL1 3JN Telephone 01452 543335
www.hsf.org
Open Morning/Evening for parents/carers and current Year 5 students
Monday 16th October 8.45 - 10.45am and 5.15 - 8pm