

Reception Class Newsletter



13th February 2026

Dear Parents and Guardians,



This week was Mental Health Week. A big focus in Reception was talking to the children about why sleep is important. For some children in class it is very noticeable by staff when they have had a late night or have not slept well. Good quality sleep means waking up well, feeling refreshed, energised and focused. For one little girl it was very noticeable during a small group phonics lesson that concentration and focus was really low and she wasn't her normal self. When asked if she was feeling tired and had maybe gone to bed late her reply was she had been on her tablet in bed until late. The following day the difference was remarkable, when told how amazing she was in phonics that day her reply was (with a big smile) she had had no tablet time before bed. The importance of a healthy sleep habit no matter what a child's age is conducive to being ready for learning the next day. A regular bedtime routine sends signals to our mind and body that we are ready for sleep, by putting away devices or toys that will distract and having a calm bath time alongside a bedtime story is needed for good mental well being the next day.

Many thanks to those parents who were able to attend the Phonics Workshop last week. We hope you found it useful.

A reminder school closes today for the half-term break and reopens on Monday 23rd February.

Many thanks for your continued support,

Reception Staff