

Colley Lane Primary Academy

Never settle for less than your best

Newsletter - 19th November 2021

Dear Parents and Carers,

It has been a very active day today with classes taking part in the live lesson with Joe Wicks, as well as PE and action songs in praise assembly. You might like to [click here](#) to see the Joe Wicks workout - I'm sure some children will sleep well tonight. Thank you for the generosity with our Pennies for Pudsey and as you can see by the photos, Pudsey was well and truly covered. It is lovely to be able to have these days and enjoy ourselves but we have also been thinking about why we raise the money and what it is used for. Once again the children have shown their compassion and respect to those less fortunate than ourselves.



Next week, we will start our new system for school dinners. Children will be able to choose their hot meals at the canteen counter on the day rather than having to prebook. We hope that this will give more flexibility to parents too but also encourage children to try our wonderful lunches. The menu will be in the newsletter each Friday (see below) and all you will need to do is ensure that there is money in your child's Parent Mail account.



During this week, Mr Dowling, Mr Scarth and myself have been visiting classrooms to see how our Mathematic Mastery approach is improving children's understanding. One element of this approach is a regular "Maths meeting" that takes place each day where the children and teachers go over vocabulary, maths concepts and new learning. This is really improving the discussion around maths as well as rapid recall of basic facts. It has been lovely to see the confidence that the children are developing in their mathematical ability and reasoning.

As children get older, they are often influenced by friends or older siblings to download or have apps that are not age appropriate. We are aware that this happens, particularly in Year 5 and Year 6 and would just like to remind parents that many social media apps like Tik-Tok or Snapchat have a recommended age of 13. You can find more information at <https://www.internetmatters.org/resources/apps-guide/> but the most important thing is to talk to your child if they have these apps about being safe online.

Finally as the weather gets colder and more coats come into school, please write your child's name and class in the coat. If they lose their coat but its named, it will make its way back to them.

Have a lovely weekend.

Mr Dominic Simpson
Headteacher

Colley Lane Primary Academy

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Key Dates

- Friday 26th November - Y6 Botanical Gardens trip
- Friday 3rd December - School photo retakes
- Tuesday 7th December - Reception RY Trip to MAC Cannon Hill Park Birmingham
- Wednesday 8th December - School meals Christmas Dinner
- Thursday 9th December - Reception RDW Trip to MAC Cannon Hill Park Birmingham
- Friday 10th December - School closed
- Monday 20th December - Monday 3rd January - Winter Holiday
- Tuesday 4th January - Inset day - School closed
- Monday 21st February -25th February -Spring Half Term
- Monday 11th April - Friday 22nd April - Easter Holidays
- Monday 30th May - Friday 3rd June - Summer Half Term
- Monday 6th - Wednesday 8th June - Year 6 PGL Residential Trip
- Monday 25th July - Friday 2nd September - Summer Holidays



Reminders

School start and finish times

Start time - All years - Doors open at 8.40am, school starts at 8.55am

Finish time -Reception and KS1 - 3.05pm. All KS2 - 3.15pm

Please make sure that children bring all their items to school that they need that day, e.g PE kits, lunch boxes etc as the school office cannot guarantee getting them to class on time.

Coats

Now the weather is getting colder, can we remind all parents / carers to make sure their children bring a coat to school.

We do have a special offer on school reversible coats for just £5! One side is fleece and the other is a hooded raincoat. If you wish to purchase one, please come to the school office. Please note we only have limited sizes available (3-4/4-5/11-12/12-13/13-14/14-15)



Raincoat side



Fleece side

Uniform

Please can all children's uniform, water bottles and lunch boxes be labelled with their child's full name.

PE

All children are to come into school with their PE kits on their PE days.

Year 6 Botanical Gardens Trip

Can we remind parents that the deadline for paying for this trip is today. If you are having any difficulties, please contact the School Office.

Iris Parent Mail

ParentMail is our main communication platform where you will receive emails from Mr Simpson, the office and teachers keeping you informed of school events, trips and class news. You can also report absences, book and pay for Breakfast and After School Clubs and purchase uniforms.

We encourage all parents to register if you haven't already. For those who haven't and if you have an email address, you will be receiving a verification email soon via your emails. Please follow the link on the email to register. You will get notification when we send out forms for trips, all payments will be via Parentmail. Please contact the school office if you need any assistance.

General Reminders

School Dinners

Starting from next week, Monday 22nd November, you will no longer need to book meals in advance, children will be able to choose what they would like to eat on the day at the counter. This will give greater flexibility for parents who might want their child to have a hot dinner on that day. Parents will still need to ensure that there is money in their child's Parent Mail account but children will indicate they are having a hot dinner on the day in registration. We are confident that this system will work better for children and parents. Next week is Week 3 Menu, please see below:

Lunch Menu					
Week 3 - Mains					
	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Main Dish	Cheese and Tomato Pizza	Allegra's Garlicky Chicken and Spanishy Spuds Garlic seasoned chicken served with potatoes	Roast Gammon with Roast Potatoes and Gravy Succulent roast pork with fluffy roasties and tasty gravy	Beef Bolognese Served with Wholemeal Pasta**	Golden Fish Fingers and Chips Crispy Fish Fingers and scrummy chips
Alternative Dish	Veggie Sausage and Mash with Gravy (V) Fluffy mash with veggie sausages and rich gravy	Allegra's Cheesy Peasy Risotto Bake (V) A delicious cheesy risotto	Quorn Roast with Roast Potatoes and Gravy (V)	Veggie Lasagne served with a bread wedge (V) ** Delicious sheets of pasta layered with veggies and tomato sauce	Soft Taco and Chips (V) A soft taco shell filled with a yummy veggie tomato chilli
Salads	A Selection of Fresh Salads Including Lettuce, Cucumber, Tomato, Grated Carrot.				
Jacket Potato	Jacket Potato With A Choice Of Fillings				
Pasta	Tomato Pasta ** (V) A delicious fresh, homemade tomato sauce with penne pasta				
Vegetables	Peas Carrots	Sweetcorn Broccoli	Carrots Cabbage	Green Beans Sweetcorn	Baked Beans Peas
Desserts	Oatie Biscuit with Fruit Slices*	Apple and Carrot Yoghurt Muffin*	Strawberry Ice Cream	Chocolate Sponge Cake	Crispy Snow Bar
Cool Water, Fresh Fruit, Freshly Baked Bread and Yoghurt available daily *Fruit Based **Wholegrain ***Oily Fish (V) Vegetarian					

The menus rotate on a 3 week cycle and all menus can be found on the website under 'School Life' then 'Essential Information'. You can also pick up a copy from the school office.

Asthma

Just a reminder that if your child needs an inhaler in school, please can you come to the office to fill in the relevant paperwork. You will be asked to leave one inhaler in school. Last week, we sent out the annual Asthma forms if your child has Asthma could you complete and return these to school by **Monday 22nd November**.

Class Dojo

Please sign up this weekend using the letter provided from school. We are just using the "Classroom" tab at the moment. Class stories and Messaging will be used but staff are not checking these currently.

Parking

We would like to remind parents and carers to park considerately around school. We have attached a letter from the West Midlands Police regarding Dudley's Operation Park Safe scheme. We would appreciate it if you can take a moment to read it and follow the rules set out in the Highway Code outlined in the letter.

Concerned parents/carers now have the opportunity to report unsafe parking via their Self Reporting Scheme. Copies of these forms are available in the office.

PE Days

Nursery - Wednesday

Reception - Monday

Year 1 - Wednesday

Year 2 - Thursday

Year 3 - Monday and Tuesday

Year 4 - 4R & 4K Tuesday and Thursday, 4H - Wednesday and Thursday

Year 5 - 5C & 5A Monday and Friday, 5W - Tuesday and Friday

Year 6 - Wednesday and Friday

Attendance

Attendance

If your child is ill with any of the following 3 symptoms they need to self-isolate immediately and you must carry out a Lateral flow test or book a PCR test as soon as possible:

- a high temperature
- a new, continuous cough
- a loss or change to their sense of smell or taste.

Please let school know any test results, or if your child is going to be absent for this or any other reason by;

- Calling 01384 900450 and speaking to a member of staff or leaving a message.
- Sending an email to attendance@colley.windsoracademytrust.org.uk
- Reporting their absence via the ParentMail App.

Please be aware you **must** report your child's absence every day that they are unable to attend school.

Please note if someone in your household has tested positive, children must still attend school as long as they have no symptoms or have tested negative.

Lates

A reminder - all children should be at school, ready to learn at 8.55am, doors open at 8.40am

Leaving school early

In order to ensure there are minimal disruptions to the children's learning at the end of the school day, children should not be leaving school early unless:

- it is for an appointment that we have been made aware of beforehand and we have been given or shown

- a letter/medical card/medical appointment text.
- if school has asked you to collect your child early due to them being ill in school.

What's been happening in school this week?

Nursery

This week nursery children have completed the World Nursery Rhyme Challenge. They have explored nursery rhyme through play and performed a number of nursery rhymes as a whole group. They have really enjoyed singing along. Next week they will be focusing on the walk to school challenge. If possible, take photos of your child walking to school and share on class dojo.



Reception

This week reception children have also completed the World Nursery Rhyme Challenge. They have sung known nursery rhymes and have learnt alternative verses. They have also listened to nursery songs in different languages.

In phonics they have continued to learn more sounds/phonemes and also started segmenting words for spelling. They have been focusing on three letter words. Next week they will continue to segment to spell words and they will learn about captions. In maths they have been using part part whole diagrams to support subtraction.

Mr Simpson also read both RDW and RY stories

Next week we will continue to collect stickers on our walk to school challenge poster. If possible, take photos of your child walking to school and share on class dojo.

Year 1



Year 1 have been enjoying practising their pencil rolls this week in Gymnastics. They were giving and receiving feedback, which helped them to improve their performances. In Maths, they have been communicating clearly when sharing addition and subtraction stories. They were using the terms 'First, Next and Then' during their talk tasks. They worked together using number lines to find the answers. In English, the children have continued to read and write about the story 'Lost and Found'. After watching part of the Christmas advert 'Monty the Penguin' they recorded their predictions for the ending. They came up with amazing ideas using the knowledge they had gained about penguins to help them. In Geography, the children have been learning to name the four countries in the United Kingdom and their capitals. They then looked more closely at London. See if your child can name any of the famous landmarks such as Big Ben, Buckingham Palace or the London Eye.

Year 2



We had an exciting start to our week, as we went on a walk around our local area. Whilst we were on our walk, we created a tally chart, which identified the different physical and human features that we saw. In maths this week, we have been representing and interpreting data using pictograms and block diagrams. The children have enjoyed learning these new skills this week and applying them to different problems. In our Maths Meetings this week, we have started to learn the 2x table. Please don't forget to log into TTRS to keep practising!

This week we have really enjoyed reading our new WCR: The Bear and the Piano by David Lichfield. We have loved looking at the illustrations and making inferences about how the bear was feeling at different points in the story. Throughout our English lessons, we have been exploring different emotions, past tense verbs and writing in the first person. Next week we will be using all these new skills to write a diary entry from the bear.

As it is Anti – Bullying Week, we have been focusing on being kind! In our classes, we created a jigsaw of our favourite kind words we were going to use. We finished our week by being kind and donating lots of coins for Children in Need. We also had lots of fun being active in our praise assembly and working out with Joe Wicks. Year 2 have had a fantastic week of learning. Well done!



Year 3

Lots going on in Year Three this week. Anti-bullying week has made us think very carefully about showing respect and compassion towards others through using kind words. We have spotted and heard lots of kind acts across the week. The children have continued reading our whole class reading book and can't wait to see what happens when the troll Prince arrives! They are using the book to write diary entries and have been researching spiders today using the iPads as Nancy the cook in our book is a spider! Can your children tell you which species of spider she is?

We have been using maps in Geography to locate rivers and have been learning the names of the parts of a river from the source to the mouth. In Maths, the children have been measuring using cm and mm. They have been estimating, measuring and then comparing lengths. Today we have been calculating the perimeter of 2D shapes. We work on our Maths skills every day in our Maths meetings and today we have been representing a three digit number in as many different ways as we could. Yesterday we made sure we knew the months of the year and the days of the week in order. In Science, the children completed a quiz to complete their topic on rocks and soils. We were impressed with how much they could recall. Super geology skills Year Three! Have a lovely weekend everyone.

Year 4

What a very busy week we have had climbing the ASPIRE mountain in Year 4! We have used kind words this week for anti-bullying week and showed compassion when it comes to each other. We have looked at what kindness means and created a class jigsaw that will be sent out on Dojo. We have shown our resilience this week by practising short division. We used counters and pictorial representations to show short division equations for HTU divided by U . Well done for all the children persevering! We have self-quizzed this week by completing our final assessment on our Science theme 'Living Things and their Habitats'. Year 4 children have also been creative in our writing lessons by writing a setting description about Narnia on our iPads! We will print these descriptions from our iPads and edit them in our English books. In Geography, we have shown our organisational skills by using grid references to help give directions to places in Italy and Iceland. Well done all children in Year 4 this week!

Year 5

Year 5 had an enjoyable, engaging and rewarding week. In theme, we learned about the different tectonic plates, their movements and the effects they have across the Earth. Following this, we then made our own erupting volcano and we had a blast doing so!

During maths this week, we explored area and perimeter. We investigated how the area of two shapes can be the same but the perimeters might be different. We worked with our talk-partners to draw rectilinear and non-rectilinear shapes and labelled the dimensions.

In reading, we are really getting into our class book - Holes by Louis Sachar. The whole-class discussions taking place across our year group are fantastic and clearly show the 'love of reading' we share. We finished our week performing a scene from chapter 18, which included us working in small groups to read the part of Stanley, Zero and the narrator.



This week, we have all reflected on what kindness and respect is and how we wish our school and community to be. We've discussed using kind words only and created a 'one kind word' jigsaw display in each class room.

We've finished our week supporting Children in Need and we've had great fun filling the area of this non-rectilinear shape (Pudsey Bear) with kind donations. The kindness and generosity shown by our families is appreciated and we've talked about how good it feels to help others. All teaching staff have been impressed with the mature attitude our children have displayed on this topic.



Year 6

We have had another fabulous week this week in Year 6. In Science at the beginning of the week, the children conducted a light investigation based on how light travels and how objects are seen by the eye. The children placed a range of objects within a sealed box and looked in to see what they saw through a small peep hole. They then used torches to shine into the boxes and assessed what they saw. The children really enjoyed this activity and made great predictions before making their final observations.

This week has been Anti-Bullying week and we have been celebrating One Kind Word. On Wednesday, the children participated in an anti-bullying/cyberbullying lesson which focused around caring and supporting others. The children created a kindness jigsaw to explain what kindness means to them. Year 6 had a fabulous attitude towards this and really showed how kind they are.



On Friday, the children came to school wearing their PE kits, ready for their workout with Joe Wicks. We collected lots of pennies for Pudsey and had a really good workout session.

One final reminder from the year 6 team. Next Friday is our trip to the Botanical Gardens. Please can you ensure that both the consent form and payment have been completed on ParentMail. Please see the office if you require any support with this.

Other News....

Active Autumn - Family Learning, Dudley Council

Family Learning are encouraging parents to spend time with their children, explore the great outdoors and embrace community cohesion and sustainability through a series of six challenges in the autumn months. The short course entitled Active Autumn is available to anyone who has access to the Internet and parents can find out more and register an interest by telephoning 01384 818143.

There is also the option to upload comments and photographs of their achievements. As with all Family Learning courses, there is no charge to participate.

Family Learning free courses

Commencing Monday 10th January 2022, Family Learning is offering parents the opportunity to achieve a Caring for Children Award at Level 1 at The Hive (formally known as Little Colliers). The session will run weekly 1 pm - 3pm. The qualification usually costs £450 but the course and materials will be provided free of charge. The course will last for approximately 12 weeks and will be assessed by the production of a written portfolio of evidence. Consequently, parents will need to have English skills at Entry 3 or above.

The course is excellent for those parents who want to learn more about parenting and the theory behind it, or those who are thinking of a career with children and want to find out more. Places are limited so it is important that you reserve a place with the school by the 10th December at the latest. Places will be allocated on a first-come-first-served basis.

ESOL Classes

Colley Lane is now in the position to offer ESOL classes (English for speakers of other languages) to adults via Halesowen College. These classes will run every Wednesday afternoon from 1:00- 3:00 at our Hive (formally Little Colliers).

Enrolment will be on Wednesday 24th November 2021. If you are interested please ring the school office with your contact details and come along with some form of ID eg passport.

Netflix Age Ratings

You will be aware that Netflix is hugely popular across all ages but there have been concerns in relation to age ratings and the type of content that is recommended to viewers. Like many other services, Netflix uses algorithms to determine what you might like to watch based on viewing history, what you have liked etc.

Since last year, Netflix has been working with the BBFC and 100% of the content on Netflix is now age-rated to BBFC classification standards. It is the first UK streaming service to accomplish this.


Here is a guide on how to set up a child account and choose maturity ratings. [Parental controls on Netflix](#)

Colley Lane Website

If you haven't already, please take the time to look at our new website at <https://www.colley.dudley.sch.uk/> You will be able to find all the information that you need about our school including key information, news and dates and parent information.

Pupil Achievements

This week's Hot Chocolate Friday children:

RDW	RY	1H	1MS	2D	2E	3H	3W	
Paignton	Harrison	Joshua	Amelia	Kara	Phoebe	Oliver	Dacey	
4R	4K	4H	5W	5C	5A	6H	6O	6S
Kaydon	Kaiden	Amelia	Mason	Toby	William	Maheen	Alfie	Rufus

Congratulations to Curtis Bull in 5W is officially a Cub scout now! - He had his investiture this week and received his certificate and new set of badges. Well done Curtis!



Piper-Blêu Harris in 2E got player of the match on Saturday, this was extra special for Piper as it has taken her months to build the courage to get on the pitch on match day, her coach and the other girls have been so patient with her. It paid off on Saturday, they played amazing and Piper-Blêu was so proud of her courage. Well done Piper- Blêu!

Bailey-Joe Harris in 3W got to be the flag bearer in his Remembrance Day Parade on Sunday, as you can see, he really enjoyed himself.





A big well done to Evie-Mai Imms in 6O who helped out last weekend with remembrance. She helped her grandad (poppy appeal organiser for Halesowen) sell poppies on Saturday after her football match. She also helped her mum monitor the car park for the Halesowen Remembrance parade on Sunday. Fantastic work Evie-Mai!

Poppy Hudson, Phoebe Richards and Madison Neale in Year 4 took part in the Armistice Parade and Memorial service with their Brownies group. It was wonderful to see them be a part of the parade and short service at St Peter's Church. Well done girls!



Well done to Louie Morton 3H & Finley Fletcher 3W proudly took part in the Halesowen Remembrance Day Parade representing 1st Wollescote Beavers.



We would like to celebrate our pupils' achievements both in and out of school. If your child has achieved something out of school that they are proud of whether it be learning a new skill, sports or club certificates or overcoming a fear or obstacle for example, we would love to know.

Please email them to info@colley.windsoracademytrust.org.uk

The Kindness Corner

Black Country Food Bank



The collection box for Black Country Food Bank is now in the school foyer where donations can be brought in at any time throughout the school year.

If you are able to donate any non-perishable food items please bring these along to the school office where we will collect them before donating them to help our local food bank and community.

Diary Dates

Autumn Half Term

School Closed Friday 10th December 2021

Winter Holiday

Monday 20th December 2021 to January 3rd 2022

Inset day - School closed Tuesday 4th January 2022

Children return to School - Wednesday 5th January 2022

Spring Half Term

Monday 21st February 2022 to Friday 25th February 2022

Return to school Monday 28th February 2022

Easter Holidays

Monday 11th April 2022 to Friday 22nd April 2022

Return to school Monday 25th April 2022

Summer Half Term

Monday 30th May 2022 to Friday 3rd June 2022

Return to school on Monday 6th June 2022

Summer Holidays

Monday 25th July 2022 to Friday 2nd Sept 2022

Return to school on Monday 5th September 2022

Bank Holidays

New Year – Monday 3rd January 2022

May Day – Monday 2nd May 2022

Inset days to be confirmed

Sports Clubs

Colley Lane Sports Club News

As the weather gets colder and the nights draw in please remember to send your children with warm clothing for clubs, this can include hats and gloves. Can we also ask that parents/carers please come out of cars to collect the children as the car park is busy and little children aren't always seen in the dark.

The price of clubs is £1 per club to a maximum of £3 regardless of how many clubs attended per week (this doesn't include JSB clubs.)

Unless your child has PE on the same day as a club they must come in school uniform and bring their kit to change into. If they are participating in a club before school they can come in their kit and bring their uniform to change into if they don't have PE that day, this also applies to JSB clubs.

Sports Clubs

	<i>Before school (Start time)</i>	<i>Cost</i>	<i>After school (Finish time)</i>	<i>Cost</i>
<i>Monday</i>	<i>Y4 & Y5 Cross Country (8.00)</i>	<i>£1.00</i>	<i>Y3 & Y4 Multi Sports (4.15)</i> <i>Y1 & Y2 Multi Skills (4.30)* JSB</i>	<i>£1.00</i> <i>£3.00</i>
			<i>Y5 & Y6 Netball (4.15)</i>	<i>£1.00</i>
<i>Tuesday</i>	<i>Y3 & Y4 Tri Golf (8.10)</i>	<i>£1.00</i>	<i>Y3 & Y4 Dance (4.15)</i>	<i>£1.00</i>

			Y5 & Y6 Football (4.30) * JSB	£3.00
Wednesday	Y5 & Y6 Football (8.00) * JSB	£2.00		
	Y3 & Y4 Football (8.00) * JSB	£2.00	Y5 & Y6 Basketball (4.15) Y3 & Y4 Dodgeball (4.30) * JSB	£1.00 £3.00
Thursday	Y5 & Y6 Sportshall Athletics (8.10)	£1.00	Y5 & Y6 Hockey (4.15)	£1.00
			Y3 & Y4 Choir (4.15)	£1.00
			Y1 & Y2 Football (4.30) * JSB	£3.00
			Y3 & Y4 Football (4.30) * JSB	£3.00
Friday	Y1 & Y2 Football (8.00) * JSB	£2.00	Y5 & Y6 Girls Football (4.30)	£1.00
			Y5 & 6 Squad Football - Invite Only (4.30)	£1.00
			Y5 & Y6 Dodgeball (4.30) * JSB	£3.00

Free School Meals

If your child is in Reception, years one or two, you will automatically be entitled for free meals under the new 'Universal Infant Free School Meals' criteria.

However if you do meet the criteria listed below then you will need to submit an online claim in order for your child's school to receive Pupil Premium funding.

Your child may be able to get free school meals if you get any of the following:

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit Run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit (you must have less than £616.67 a month net earned income (after tax - and not including any benefits))

Children who receive a qualifying benefit in their own right are also allowed to receive free school meals. Children under the compulsory school age who are in full time education may also be entitled to receive free school meals.

Infant free school meals in England

Your child will be able to get free school meals if they're in a government-funded school and in: reception class, year 1 and year 2 Tell your local authority if you also get any of the qualifying benefits. Your child's school can get extra funding if you do. If you wish to apply for Free School Meals click here [Free School Meals](#) or collect a form from the office.

child accident prevention trust



Please see the below information with links to a host of really important safety advice.

With many organised displays cancelled again this year, many families will be thinking of having displays at home.

But do we all know how to buy safely and avoid unlicensed sellers?

Do we know what precautions to take to avoid a serious accident?

And would we know what to do if the worst happened?

Our new [fireworks advice hub](#) makes it easy for you to share safety messages with families. You'll find:

- [Fireworks buying guide](#) – to help families avoid dangerous fireworks.
- [Fireworks safety tips](#) – essential tips for families doing their own display.
- [Lessons for little ones](#) – a downloadable resource to help you teach children about safety.
- [Warning to parents](#) – a real story to share.
- [In an emergency](#) – good first aid will reduce the likelihood of lifelong scarring.

the national sleep helpline

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541

Available Sunday - Thursday 7pm - 9pm

the national sleep helpline

50%

Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

Available Sunday - Thursday 7pm - 9pm

Partnership with Furniture Village

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