

Newsletter

Riverside Primary School & Nursery
St Edmund's Way
Rainham,
Kent ME8 8ET



Primary Executive Headteacher: Mrs Kim Wilmer
Head of School: Mrs Helen Robson

Happy, Helpful, Hard-working

Friday 18th March

Term 4 2021/22

Dear Parents/Carers,



This week, Puffins and Squirrels visited the Central Theatre in Chatham to take part in the Medway Music Festival. They showed fantastic 'Riverside Attitude' throughout the morning. They have been busy rehearsing songs to sing alongside other schools. They also enjoyed performing on stage on their own, where they sung 'How Far I'll Go' from the Moana film. Well done Year 2!

Some of our Year 6 children are taking part in the 'Young Eco Engineers' project this year and are busy building their own go-kart, which they will race against other schools in the summer term. We are looking forward to hearing their progress.

Thank you to FORPS for running the Mother's Day Gift Shop today in school. The children really enjoyed choosing and wrapping their gifts.



Robins and Hedgehogs will be having their health checks in school next week, from Monday to Wednesday. It is also Kingfishers first class assembly on Wednesday, which I know they are looking forward to sharing with the school and their families.

It has been lovely to see some sunshine today and we are looking forward to welcoming the warmer weather. If there are any parents who would like to volunteer to help get our Biodome area ready for planting this year, we would really welcome your support. Please let me know.



Have an enjoyable weekend.

Yours sincerely,

Mrs Robson
Head of School

*This School is committed to safeguarding and promoting the welfare of children,
achieving equal opportunities and combating discrimination.*



Mathematics
Mastery



Rainham Mark
Education Trust



Tips for a Good Night's Sleep

Try these tips to have a restful sleep!



If you do the same things every night, your body will begin to know it is time to wind down and get ready for sleep!

If you are struggling to sleep, try some breathing exercises or read a book!



Have a glass of milk before bed! It can help your body produce melatonin, a hormone to help you sleep!



Make sure you get enough sleep. Children between 5 and 12 should get 10-12 hours per night!

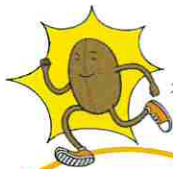
Prepare your bedroom by keeping the lights low and the temperature cool!

Try to get plenty of exercise and fresh air during the day!



Try avoiding these things to have a restful sleep!

Here are some things to avoid having a bad night's sleep!



Eating lots can make you uncomfortable and stop you from sleeping!

Caffeine and sugar can make you stay awake and not let you sleep well!



The light from devices like phones and tablets will signal to your brain to stay awake!



You should turn off TV and computers about two hours before bedtime.

Staying up too late or dozing in the afternoon will mess with your sleep routine!

