



Colvestone Primary School

Colvestone Crescent, London, E8 2LG

Headteacher: **Caroline King**

T: 020 7254 1143, Fax: 020 7249 7576

Email: office@colvestone.hackney.sch.uk

Colvestone Primary School Newsletter

25th September 2015



You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once but don't ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own.

-Michelle Obama

Dear Parents/Carers,

At Colvestone we want every child to reach their full potential and get the maximum out of all the learning opportunities they have on offer here.

We have noticed that some children arrive at school very tired and it is obvious that they are not getting enough sleep.

Sleep is very important to a child's overall wellbeing. Lethargic learners are not active learners.

HOW MUCH SLEEP SHOULD YOUR CHILD BE GETTING?

Whilst there is no magical number of hours of sleep that all children in a particular age group need here is a guide to the hours of sleep they should aim for.



Age	Hours of sleep needed
3	11 Hours
4	11 $\frac{1}{2}$ Hours
5	11 Hours
6	10 $\frac{3}{4}$ Hours
7	10 $\frac{1}{2}$ Hours
8	10 $\frac{1}{4}$ Hours
9	10 Hours
10	9 $\frac{3}{4}$ Hours
11	9 $\frac{1}{2}$ Hours
12	9 $\frac{1}{4}$ Hours



Miss King



Colvestone Primary School

Colvestone Crescent, London, E8 2LG

Headteacher: **Caroline King**

T: 020 7254 1143, Fax: 020 7249 7576

Email: office@colvestone.hackney.sch.uk

Universal Free School Meals

All pupils in Reception, Year 1 & Year 2 are entitled to a Universal free school meal.

Children in full time Nursery, Year 3, 4, 5 and 6 **do not** qualify for universal free school meals but may apply and be granted free school meals under the normal free school meal criteria.

Please speak to the School Office or Hackney Learning Trust for more information.

Bikers Breakfast!



Make a date for the next Bikers' Breakfast on
Tuesday 13th October.

Breakfast will begin at 8.15-8.50pm

Dr Bike will be there to sort out any minor maintenance issues with your cycle.

GOOD BYE and GOOD LUCK

Last week we bid a final farewell to our lollipop lady, Queenie. Thank you for always helping those in need and for creating many beautiful memories. You will always be remembered fondly by everyone who knows you. Wishing you an amazing adventure and all the best for the future!

