



INVESTORS
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Lyndhurst Junior School

A King's Group Academy



How to help your child in SATs week.

1) **Have a good night's sleep.** Sleep is a key ingredient to making sure a child can focus properly during this important week. Make sure they stick to a reasonable bedtime and try to reduce the temptation to stay up late using technology.

2) **Have a good breakfast.** Alongside sleep, breakfast makes a big difference to a child's ability to be at their best.

If your child relies on the school canteen to top up their breakfast we would like to make sure they get the food they want early enough and don't have to wait on these important mornings. To help us do this, your child can pre order their food through the school office (payment can be made at the canteen hatch on the day as normal).

On the Wednesday the children will have two papers. On that day, the school will be providing a drink and small snack in the time between the end of one paper and the beginning of the next. We trialled this last year and it seemed to have a positive effect on their energy and concentration levels.

3) **Stay positive.** Your child has worked hard with their teachers to prepare for these tests. They have practised and revised throughout the year and are ready. Be encouraging and praise them for trying their best.

If you feel your child is struggling with the pressures, please contact the Year 6 team.

4) **Absence and punctuality.** Being on time for school will help your child settle quickly and calm any nerves. Ideally we need every child in school on time for the tests.

We have found many children become upset if there is a chance they will miss the tests as they have worked so hard all year to prepare for this. In the past we have had some children who were feeling slightly unwell but have had some medicine at home and then come in for the tests. Some of them have then gone home afterwards. We have also had children who have come in late and we have been able to make arrangements so they can sit their papers separately from their classmates. If your child can not attend school, we can even make arrangements so they can sit the paper another day.

6) **Have a relaxing evening.** As part of making sure your child has a good night's sleep, make sure they have time to wind down after school.

No homework will be set during SATs week (or for the following weekend) so why not take advantage and have some extra family time - go to the park to enjoy the good weather? Have a family movie night?

We are confident they will do their best and make themselves, you and our school proud. When it is all over, Year 6 will be having a celebration and reward from their teachers.



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Year 6 Hola Mexico Plea

Over the next two weeks Year 6 will be doing some cookery and music activities related to their Hola Mexico ILP.

In cookery we are making Mexican Beany Wraps. Please can you tell your class teacher if your child has any allergies to any of the ingredients listed below?

Sweetcorn, kidney beans, carrots, peppers, tomato puree, ready-made pastry and onions.

Please can you also put aside some of your recycling materials so your child can make a musical instrument similar to those pictured below. We are hoping to make drums, shakers and simple wind instruments.

Thank you for your support,

The Year 6 team

