Coppice Valley Primary School

Learners For Life
Brave. Kind. Curious.

Attendance Newsletter
Autumn 1 2026-2027

Sleep Matters!

When children are tired, they may find it harder to concentrate, manage their emotions, enjoy friendships and cope with the demands of the school day.

A good night's sleep helps children feel happier, calmer and more ready to learn.



A few simple ideas to help establish healthy sleep habits:

- Try to keep bedtime and wake-up times consistent, including at weekends.
- Create a calm bedtime routine, such as a bath, pyjamas and a bedtime story.
- Encourage children to switch off screens before bedtime.
- Keep bedrooms comfortable, quiet and relaxing.
- Avoid exciting games and activities just before bed.
- Make time for a little chat about the day, helping children feel relaxed and ready for sleep.

Need a little more help?

The Sleep Charity®

The Sleep Charity has helpful advice and information for families about children's sleep, bedtime routines and common sleep difficulties.
Visit: www.sleepcharity.org.uk/children

Sleep and school attendance



We want every child to feel safe, settled and ready to learn. Being in school every day helps children build routines, make friends and grow in confidence.

We understand that sleep difficulties can sometimes affect mornings and school attendance. If you are concerned about your child's sleep or attendance, please speak to your child's class teacher or Miss Wright (Pupil and Family Support).

We are here to listen, offer support and work together with families.

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