

# BLUE SKY LEARNING



Now that it's July we're coming to the end of the school year. Everyone has done amazing work this term and should be proud.

We welcomed our new friend Mason who just joined us, and if you've yet to meet him give him a wave when you do.

Over the summer holidays remember to get plenty of rest, and stay hydrated in the hot weather.

## What we did well !

We all did amazing with swimming this term, even when it was scary or challenging, everyone gave it a go and persevered. Which can be so difficult for both adults and children to pick ourselves up and try again. So well done.

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For your diary: 23/07/2021 - END OF TERM



# Blue's BedTime

After a big day at school or a long trip away this summer, you need to rest that big brain. Blue thought he'd share his bedtime tips. So amongst all the fun you're going to have you will be able to get a goodnight's sleep.

This exercise can be used when you are in a situation you feel is stressful

If you find your mind racing a deep breathing exercise:

Lay back, place your favourite stuffed animal on your tummy. The goal is to slowly raise and lower the teddy using your tummy. Breath in slowly for seconds, then out for 3 seconds and repeat until you're ready to stop.

## Tips for a good night

- Give yourself 1 hour to unwind pre bedtime
- Put devices away
- Clean teeth and use the loo.
- Dim the lights to create a calm atmosphere
- Read a book or have a quiet chat



Guinea Pigs need 4 - 6 hours of sleep a day to be healthy

7-12 year olds need 10-12 hours to grow muscles and bones. As well as process all you've learnt throughout the day.

