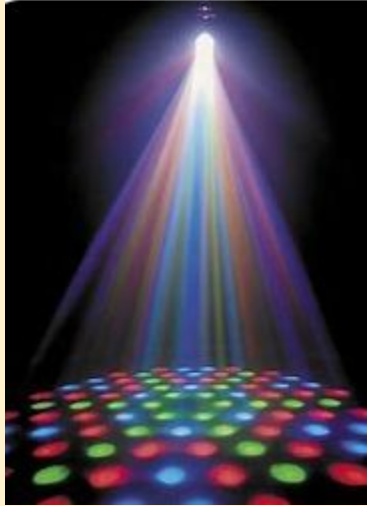


Year 3 Sleepover Presentation



When? Where? Who?

Thursday 8th February - 5.30 - 7.30 Light party

Evening - 7.30 onwards

Where - SJS

Staying the night:

Mrs Milczarek, Miss Dickenson, Miss Randell, Mrs Hixon, Mr Hack, Mr AB, Mr Allen, Miss Rowan and Miss Corrigan.



Light party timetable

5.30 - sign in and then go into the hall and join the party!

6.15 - Pizza (If your child does not like pizza or has any allergies, food must be brought from home)

6.40 - 7.20 - activities

Class	18.40	19.00	19.20
Butterflies	Sand videos Waltzing Waters (youtube.com)	Games in the dark	Shadow puppets
Grasshoppers	Games in the dark	Shadow puppets	Sand videos Waltzing Waters (youtube.com)
Leaf Insects	Shadow puppets	Sand videos Waltzing Waters (youtube.com)	Games in the dark

7.20-7.30 - pick up from Junior entrance

Sleepover



19.30 - Get changed into pyjamas, set up mats and sleeping bags (boys and girls will get dressed in separate places)

Children will be sleeping in their classrooms with a familiar adult outside.

20.00 - Watch a short film with hot chocolate and a snack (this will need to be brought in from home and must not be high in sugar)

20.45 - Get ready for bed - brushing teeth and reading with their torches

21.15 - lights out

If your child is showing extreme distress, we will call you to pick them up.

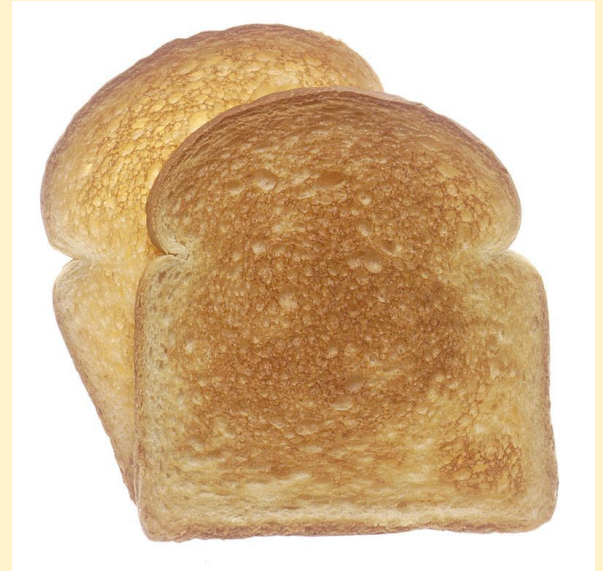
The next morning..

7:00- Time to wake up

7:15- Breakfast time- down to the hall: Cereals /toast

7:45-8:15- Tidy up and pack away

8:15- TV and chill before school starts



What is happening at school on Friday?

We want to offer the children the full experience of a residential. Therefore, we will be off timetable. Instead, we will be doing lots of different activities.

The children will be able to wear non-school uniform on Friday (even if they aren't staying the night).

How you can help

- Practise stuffing a sleeping bag and rolling a roll mat/inflatable mattress
- Talk through the itinerary a couple of times with your child (this will be sent out by the end of next week)
- Rehearse a few bedtimes without any usual aids they might be used to (screens, white noise, etc)
- Talk about everyone having the right not to be disturbed
- Arrange a couple of sleepovers with friends as a practice run if they have not done this before
- If you have an anxious child, practise some mantras, and give them some strategies they can use if they are worried (deep breathing etc)
- If they are worried about not getting to sleep, let them know they will still get rest - this will hopefully help with the anxiety.
- Please label everything!

ANY
QUESTIONS?

