

Cauldwell School

Committed to Achievement for All



Head Teacher: Mrs J Apps BEd (Hons) Adv Dip Ed

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13th March 2017

Dear Parents

I am writing to ask for your help.

Last week a number of staff watched the Panorama programme on TV about 'Sleep' and it provoked a lot of discussion regarding children's bedtimes, and how much sleep our children get and how often they use Ipads, tablets, etc., before bed.

You can see the Panorama episode at this link:

<http://www.bbc.co.uk/programmes/b08hymf3>

Just by getting 1 hour extra sleep, children's concentration and memory increases by more than 50%.

Today I challenged your children to stop playing with technology 1 hour before they go to bed and for all Year R, 1 and 2 children to be in bed by 8.00pm and all Year 3, 4, 5 and 6 children to be in bed by 9.00pm.

Please see attached a form that we would like you to complete and send back next Monday.

All returned forms will receive 5 house points.

If bedtimes are a problem in your house, please talk to Mrs Durham – she will happily support.

Yours sincerely

Mrs J Apps
Head Teacher



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Bedtime Challenge

Child's Name:

Class:

DAY	TIME TO BED	SIGNED
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Parents Comments:

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Please return to your class teacher on Monday 20th March to receive 5 house points.

Thank you for participating in the Bedtime Challenge!

