

Hello Everyone,

Over the last two weeks we have had a number of visitors into school to support curriculum studies in a variety of subjects. Hayley our school Nurse came into to speak to Years 7 and 10 in their PSHE lessons. Hayley from Conservation has been in with Years 5 & 6 in their topic lessons working on a twinning project with a school in Cornwall and on Thursday we had Lucy and Claire researchers from the Shark project in to speak with our KS3 students in their Science and Geography lessons. From all of us here at TBS thank you, your time and effort is greatly appreciated. We are proud to be part of such a supportive community!

Verline Leo attended the Secondary sector assembly on Friday to launch a competition to design a logo for the Ascension Island Motorcross Club. Students are aware of the requirements and the deadline is Friday 11th April. Thank you Verline.

Our World Book day raised a sum of £79.00 from teachers and students paying £1 to come to school dressed as their favourite book character. This money will be used to purchase new books for our school Library.

Nursery:

As is customary for this time of year we would invite parents of any children eligible for our Nursery intake in September to please get in touch and register your Child's name with Tash in the Office. Please be aware that we operate a one intake only system starting in September.

House Points:

The House cup was won this week by Dampiers! Congratulations.

Our stars of the week were Carla in Primary and Ada and Logan in Secondary, Well done to all three students.



A reminder that Tuesday 18th March will be Parent consultation meetings for Years 7 and 10, starting at 4.30pm. We look forward to seeing you all there.

That's it for this week!

Tania Maggott
Head Teacher



Hello from Year 8 and 9!

In our newsletter this week we want to tell you about one of our favourite things – sleep!

Kaya and Bella:

World Sleep Day is an annual event organised by the world sleep day committee of the world sleep society. World sleep day is Friday, 14th March 2025 this year. World sleep day is intended to be a celebration of sleep. World sleep day has drawn attention from the media and celebrities around the globe. World sleep day is celebrating the importance of healthy sleep. More than 88 countries around the world have participated in world sleep day.



Riley and Mitchell:

What can help you get good sleep?

- Less stress
- Comfortable sleep environment: dark, cool, quiet places and a breathable fabric to wear.
- Avoid stimulants: Coffee, Pepsi, basically anything with caffeine.
- Have a consistent sleep routine
- Do something in the day to make you tired
- Don't use electronics before bed

Dane:

Why is sleep important?



Sleep is important for overall health and wellbeing because it allows the body to repair itself, consolidate memories, regulate emotions and maintain important bodily functions like metabolism.

Not getting enough sleep can impact your ability to think clearly, learn effectively and perform daily activities at your best. Not getting enough sleep can also increase your risk of things like heart disease, diabetes and high blood pressure.



Two Boats School

Newsletter

Friday 14th March 2025



Aisja:

Experts recommend that adults sleep between 7 and 9 hours a night. Adults might have health issues if they sleep less than 7 hours. We recommend teenagers get a lot more sleep than this! As teenagers we need a lot of sleep because we are in a period of really big growth and change in our lives and sleep helps us with this. So next time you go to wake your teenager at the weekend, give them an extra hour in bed and help their growth instead!

This weekend, spend a little extra time sleeping and see if you feel the benefits!

How much sleep does my child need?

 <p>Newborn (birth to 3 months)</p> <p>14 to 17 hours</p>	<p>Infant (4 to 11 months)</p> <p>12 to 16 hours</p>	<p>Toddler (1 to 2 years)</p> <p>11 to 14 hours</p>
<p>Preschool/Kindergarten (3 to 5 years)</p> <p>10 to 13 hours</p>	<p>School age (6 to 13 years)</p> <p>9 to 12 hours</p>	<p>Teenagers (14 and older)</p> <p>8 to 10 hours</p> 

