Newbold Church of England Primary School

At Newbold we aim to support each other to live, learn and excel together as a Christian community.

"Therefore encourage one another and build each other up," 1 Thessalonians 5:11

24th November 2026

Dear Families,

We are writing to ask for your support with an issue that has become increasingly noticeable in school.

Recently, a number of children have been arriving at school tired and finding it difficult to concentrate. Some children have told staff that they have been staying up late watching television or gaming. We have also had some children mention that they have not had breakfast before coming to school.

We know that family life can be busy and that routines can sometimes be difficult to maintain. However, good sleep and a healthy breakfast play a vital role in children's wellbeing and learning. When children are tired or hungry, they can find it harder to concentrate, manage their emotions, join in with lessons and get the most from their school day.

We would be grateful if you could help by encouraging regular bedtimes, limiting screen use before sleep, and ensuring children have something to eat before they arrive at school each morning. If you are experiencing any difficulties with morning routines, breakfast provision or other circumstances that may be affecting your child, please do get in touch. We are always happy to offer support where we can.

By working together, we can help all children arrive at school ready to learn, participate and achieve their very best.

Thank you for your continued support.

Yours faithfully,

Ms S Hitchman

Ms Hitchman

Headteacher

Newbold C of E Primary School, School Lane, Newbold Coleorton Leicestershire LE67 8PF
Tel: 01530 222318 Email: office@newbold-cecp.leics.sch.uk Website: www.newbold-cecp.leics.sch.uk