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Horn End News

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Study Links Bedtime Rules to Better Skills in Preschool Children.

Parents know a nightly bedtime is not always easy to enforce. But researchers say bedtime rules may improve a child's development.

A new study found better results in four-year-olds who go to bed around the same time every night and sleep at least eleven hours. Getting less than that was linked to lower abilities in language, reading and early math skills.

Researchers at SRI International in California did the study. It involved about eight thousand preschool children whose parents took part in government research on early childhood.

The parents answered questions by telephone at nine months and again at four years. The amount of sleep was based on their reporting of a child's usual bedtime and wake time.

For most measures of development, the study found that an earlier bedtime was also a predictor of higher scores.

Last August, a study in the journal Sleep Medicine said children who go to bed after nine o'clock took longer to fall asleep and slept less.

The study found that children also got less sleep if they did not have bedtime routines.



A number of our friends are leaving us to move on to school. We wish them all well and we are sure that they will soon make new friends. Here they are after their graduation ceremony!

Special points of interest

- ✦ Bedtime Benefits
- ✦ Heart Link
- ✦ School leavers
- ✦ Stay and play
- ✦ Nurturing Health Award
- ✦ Managers memo

Stay and Play

It was lovely to see parents taking the opportunity to stay and play last month. We plan to have a stay and play day every month. Our next stay and play will be Monday 13th September 2010 from 8.00-9.00 am. Please come along and join in and see what your children experience during their time with us at Horn End.

If the dates or times are not convenient to you don't worry parents are welcome anytime. Just give me a call. **Fiona**

Managers memo

Heart Link Fundraising event:-

A very big thank you to everyone who helped to support our fundraising event. We raised £234.46. Lots of lovely prizes were won and Ann our nursery cook was inundated with requests to bake more and more cakes and scones!

Alfie is also collecting empty ink-jet cartridges and old mobile phones. Maybe you could have a look at home or work and bring them in to nursery. Heart Link get £1 for every ink-jet and up to £30 for old mobile phones. This is an excellent way to recycle things for a great cause.

Thank you. *Fiona*



Danny and Alfie enjoying taking part in the Hook a Duck activity during our Heart Link fundraising event.

Nurturing Health Healthy Eating Award

Horn End nursery prides itself on giving all our children the very best of first class experiences. One of the important aspects that we aim to achieve is healthy living and with this in mind we are aiming to achieve a recognition for this.

We are taking part in a scheme that Staffordshire Borough Council are running called **Live Well Be Well in Staffordshire**. Part of this is an award for Nurturing Health & Healthy Eating. Ann our Nursery Cook has attended training for this and we are now at our final stage and awaiting to gain our award.

Horn End Nursery Premises At
Lamascote Road, Stafford, Egg Lane, Hixon,
& Wharf Road, Rugeley.

Please make sure we have your correct email address as we aim to save the environment by emailing all letters and information where possible

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