



Kingham Primary School

Always learning to be our best

Bulletin

23 January 2026

Head's Blog: Why Rest is as Important as Reading

Over the years, I have often reflected on what matters most in a child's education. While skilled teachers, a stimulating environment, early reading skills, and a well-resourced and rich curriculum are essential, I have come to believe that some of the most influential factors lie outside the classroom such as consistent routines, wellbeing, and sleep.

When a child sleeps, they are not simply resting, it is actually a period of intense mental activity. While the body rests, the brain is busy sorting and classifying the day's learning to help with memory retention. Simultaneously, the body recharges and repairs so we stay healthy and strong. With a good night's sleep, children wake up with energy, a stronger immune system and a brain that is ready to tackle new challenges.

Unfortunately, many children are struggling to get the rest they need. Research shows that in England 29% of children under the age of 10 are affected by sleep problems. In Wales this is higher at 68% (perhaps proof that counting sheep does not work)! These issues can lead to mood swings, poor behaviour choices, and extreme irritability.

Most primary-aged children require 9 to 11 hours of sleep to function well. Without this level, symptoms can include irritability and meltdowns, and difficulty following instructions or problem solving and forgetfulness,

The human body's internal clock thrives on consistency. When bedtimes fluctuate between weekdays and weekends, children experience lethargy making it much harder for them to focus on Monday mornings. If your child needs to be up by 7:00am for school, these are the recommended bedtimes:

Age Group	Recommended Sleep Time
Reception & Year 1	6:30 pm – 7:00 pm
Years 2 & 3	7:00 pm – 7:30 pm
Years 4 & 5	7:30 pm – 8:00 pm
Year 6	8:00 pm – 8:30 pm

To help the brain transition to sleep, we also need to allow time to carefully manage the environment for our children.

- Turning off screens 1 hour before bed is vital. Light given out by screens tricks the brain into thinking the sun is still up, stopping the release of melatonin (the sleep hormone). Because children's eyes are more sensitive than adults', screen time can make it twice as hard for them to settle.
- A warm bath is also a good transition. Not only is it comforting, but afterwards, as the body cools down, it triggers a natural release of melatonin.
- Sharing a story is one of the best routines possible and is also a great way for families to spend time together

If you are struggling with issues like night waking, bad dreams, or sleepwalking, I highly recommend Sammy Margo's book, *The Good Sleep Guide for Kids*. Margo suggests that sleep difficulties persist not because a child is bad at sleeping, but because habits, family patterns, and unintentional triggers like overstimulation keep the problems going. If your current schedule needs addressing, then Margo's advice is that it's never too late to change routines:

- Move the bedtime 5-10 minutes earlier every few days
- Ensure the bedroom is dark, cool, and free of distractions
- Make sure your child understands why sleep is so beneficial to their development
- Expect a few difficult nights, but stay calm and firm, until the new rhythm eventually kicks in.

Helping our children with their sleep is one of the greatest gifts we can give their education and their health. It may take a little patience and a few screen-free evenings to get there, but once the rhythm kicks in, the whole family usually feel the difference. Goodnight

Read more Headteacher Blogs here: school-matters.org link

Family Learning Workshops – Year 4, 5 and 6

Chipping Norton School is offering a series of family learning workshops for children and parents to participate in together. These sessions for pupils in Years 4, 5 and 6 take place in the evenings of the week commencing 9 February. There are three different activities to choose from (Music, Astronomy and Spanish), providing an opportunity for children to try something new and experience learning in a secondary school setting. Even if you attended a workshop last year, the topics will be different this time, so families are invited to sign up again. Full details and booking [link can be found here](#). Booking deadline: 8am Mon 2 February.

Top Ten Times Tables Rockstars (TTRS)

Congratulations to the following students for their hard work on TTRS over the last 7 days – 50 house points each.

Olivia	OWLS	Annabelle	STAGS
Amos	OWLS	Imogen	STAGS
Fran	OTTERS	Grace	STAGS
Toby	OTTERS	Sadie	OWLS
Felix	STAGS	Ezra	OTTERS

Value of the Month: Humility

Humility:

is recognising my own strengths and those of others
 is not showing off
 is accepting everyone

Diary Dates

Weds 28 Jan	CNPS U11s Hockey
Fri 30 Jan	Year 3 Class Assembly 2:45pm
Thurs 5 Feb	Year 3 Ancient Egypt Day
Thurs 5 Feb	Year 1 Chipping Norton Theatre
Fri 6 Feb	West Oxon Cross County Finals
Fri 6 Feb	Year 2 Class Assembly 2:45pm
Tues 10 Feb	Year 6 visit to Ashmolean Museum
Tues 10 Feb	Infants Interhouse Kurling
Wed 11 Feb	Year 2 trip to Cotswold Wildlife Park
Weds 11 Feb	Lower Juniors Interhouse Kurling
Thurs 12 Feb	Year 5 and 6 trip to Gloucester
Thurs 12 Feb	Upper Juniors Interhouse Kurling
Fri 13 Feb	Last Day of Half Term
Mon 23 Feb	First day back
Tues 24 Feb	Oxford Opera working in Nursery Class
Weds 25 Feb	Build Children's Resilience Meeting 9am
Mon 2 Mar	Kingham Book Week
Wed 4 Mar	CNPS Year 1 Dance Festival
Thurs 5 Mar	Book Day (dress up as book character)
Tues 10 Mar	Year 4 Viking Workshop
Tues 10 Mar	Oxford Opera working in Nursery Class
Tues 10 Mar	KPSA Movie Night
Thurs 12 Mar	Reception trip to Science Oxford
Mon 16 Mar	Year 5 Bikeability Training all week
Tues 17 Mar	U11s Sports Tournament at Kingham Hill pm
Tues 17 Mar	Oxford Opera working in Nursery Class
Weds 18 Mar	Parents Evening 3:30pm – 7pm
Thurs 19 Mar	Parents Evening 3:30pm – 6pm
Fri 20 Mar	Reception Class Assembly 2:45pm
Weds 25 Mar	Year 2/3 CNPS Multi-Skills Festival
Fri 27 Mar	Last Day of Term - School closes at 2pm
Mon 13 Apr	First day back



CAMP 4-2-11

FEBRUARY KIDS CAMP

UNLIMITED FUN FOR AGES 3-14!

16TH - 19TH OF FEBRUARY

- Cheltenham - St Marys
- Chipping Norton - Kingham Hill School

16TH - 20TH OF FEBRUARY

- Cheltenham - St Edwards
- Gloucester - Dinglewell

childcare vouchers accepted!

BUILD BUG HOTELS • WATERCOLOUR BUTTERFLIES • HONEYCOMB ART • KICK ROUNDERS • BAT & BALL SKILLS • POLYDRON MINIBEAST GAMES • QUIZ • BUG HUNT • & MORE!



Institute of Music
Burford School

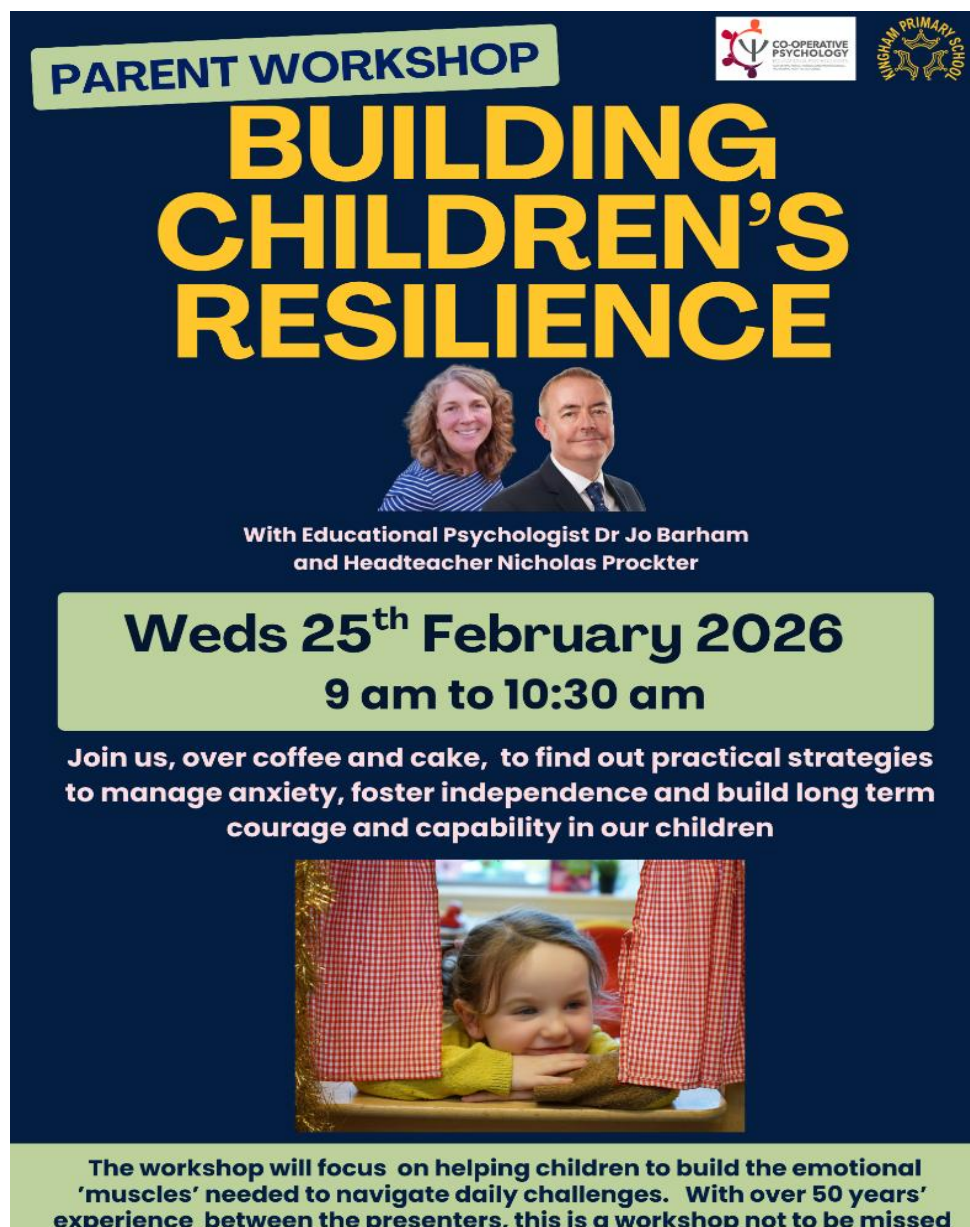
IAN FLEMING'S
CHITTY CHITTY BANG BANG

COMING TO BURFORD SCHOOL
17-21 MARCH 2026

MUSIC AND LYRICS
BY RICHARD M. SHERMAN
AND ROBERT B. SHERMAN
Music by Special Arrangement
with Sony/ATV Publishing



Burford Festival



PARENT WORKSHOP

BUILDING CHILDREN'S RESILIENCE

With Educational Psychologist Dr Jo Barham
and Headteacher Nicholas Prockter

Weds 25th February 2026
9 am to 10:30 am

Join us, over coffee and cake, to find out practical strategies to manage anxiety, foster independence and build long term courage and capability in our children



The workshop will focus on helping children to build the emotional 'muscles' needed to navigate daily challenges. With over 50 years' experience between the presenters, this is a workshop not to be missed