

Dear Parents, Carers and Children,

I am sending this letter on behalf of all the staff to say Good Luck next week. We are all so proud of how the children have prepared for their SATS and we know that they will do their absolute best next week. We will ensure that the children have an enjoyable and relaxed week as possible. Finishing on Friday with pizza for lunch and, weather permitting, a day of fun on the field!

Each morning we will offer the children toast and cereal as a supplementary snack to get them through the morning. Please ensure that your child has a good breakfast at home. On that, I have included some other 'top tips' to help the children have a successful week.

- 1 **Sleep** - Try to be in bed by 8.30/9.00 pm. 10-11 year olds need 9 hrs 30 minutes – 9 hrs 40 minutes sleep each night. Lack of sleep will reduce your brain speed and how well you do in the exams.
- 2 **Drink water** - 90% of your brain is water and being just 2% dehydrated will reduce your brain performance. Keep sipping water throughout the day and during the exams.
- 3 **Get Active** - After you have finished a hard day learning, take some time off to run around, kick a football, or however you enjoy being active. Exercise encourages your brain to work at its best by causing nerve cells to multiply and strengthen their interconnections. It also creates a better blood flow to your brain and helps you to sleep better.
- 4 **Eat your veg** - Approximately 60% of your brain is made up of fats. Omega-3 fats are an essential part of that. Foods like oily fish, avocados and green leafy vegetables are all really good sources.
- 5 **Breathe it in** - Fresh air will help your brain and body to function well. Try and go for a walk, cycle, trampoline Don't just vegetate on the sofa (that includes playing Fortnite(!) – see if you can have a Fornite free week
- 6 **Eat well** – Our bodies and brains need the right mix of vitamins and minerals to work at their best. So, during the exam week, keep it healthy.

- 7 **Get the best start** – Even if you don't normally eat much for breakfast, during SATS week, make sure you do. Things like porridge, Weetabix, and brown toast will help your body to burn energy slowly and steadily. If you eat things like chocolate or biscuits, your energy levels will rise quickly but then dip and make you feel tired, probably about halfway through your first test! *In a recent experiment, when children who hadn't eaten breakfast for a while began to eat breakfast, their results went up an entire grade (on average).* Breakfast is probably the most important meal of the day.
- 8 **No Stress** – Don't worry about the SATS. They are important, but too much stress actually causes an increase in the hormone cortisol, which, in high levels, kills brain cells and brain functioning.
- 9 **Think Positive** – You can do it! Believe in yourself and you will do great! We believe in you!
- 10 **Enjoy** – Enjoy the SATS and do your best!

Mr P Marks
Head Teacher