



**KIDGATE
ACADEMY**

Fortnightly Newsletter 'Growing Kind Hearts and Curious Minds'

Friday 17th October 2025

Message from the Principal

Harvest Festival at St James

A huge thank you to all parents, carers, friends, and family who supported our pupils and staff at St James' Church this morning for our Harvest Festival. Your presence helped make the celebration truly special and memorable for everyone.

We are also incredibly grateful for all the generous contributions of food. Your donations will support both the church and our school Foodbank, helping families in our community who are in need. The children were proud to take part in giving back, and your support made this possible.

Although I was unable to attend myself, I would like to thank Dr Dunn for his support of this service. I have been thrilled to hear how much the children enjoyed the service. They returned to school beaming with pride and excitement, full of compliments and laughter, and were eager to share how wonderful the singing had been. Their joy and enthusiasm truly brought the spirit of Harvest to life!

Events like these highlight the incredible sense of community that surrounds our school. Thank you once again for helping to make our Harvest Festival such a warm, joyful, and meaningful occasion. Your generosity and support have made a real difference to the children and our wider community.

Happy half term break!

Supporting Our School Foodbank

Thank you to all families who have generously contributed to our school Foodbank. Your donations of food and essential items are making a real difference to members of our school community who are in need.

The Foodbank provides vital support to families, and every contribution helps ensure that children and their families have access to the resources they need. We are incredibly grateful for your generosity and continued support—it truly shows the strength and caring spirit of our school community.

If you haven't yet had the chance to donate, it's never too late. Any contributions are very welcome and will go directly to supporting our pupils and their families.



Friday 5th Dec 2025 – Non-Uniform Day

To help make our Christmas Fayre on 12th December extra special, we are holding a non-uniform day! On this day, children are invited to come to school in casual clothes and bring in a donation to support the Fayre, such as: Chocolates for the tombola, raffle prizes etc. Thank you in advance for your generosity.

Friday 12th Dec 2025 – Christmas Fayre.

Come and support our Christmas Fayre! Children will be selling their own arts and crafts from market stalls in the playground. Join us from 3:30pm to celebrate the festive season and enjoy the creativity of our pupils – we can't wait to see you there!

Sleep Does your child find it difficult to get to sleep? Here are some practical strategies that may help:

1. Adjust Bedtime

If your child isn't sleepy at their usual bedtime, try moving it slightly later—by 30 minutes or even an hour—so they are ready to sleep when they go to bed.

2. Create a Calm Pre-Bedtime Routine

About an hour before bed, make sure the house is calm:

- No TV or digital devices
- Play calm music
- Enjoy a quiet family game or read together

3. Offer a Bedtime Snack with 'Sleepy' Foods

Certain foods can help your child feel sleepy:

- Bananas: Rich in magnesium, potassium, and an amino acid that promotes sleep. Blend a banana with a cup of milk or soya milk for a soothing bedtime drink.
- Dairy products: Milk, yogurt, and cheese contain amino acids that support falling asleep.
- Porridge: A warm, comforting choice with natural sleep-inducing qualities.
- Cherries: Naturally boost melatonin, the hormone that helps us feel sleepy.

4. Make the Bedroom a Happy Place

Help your child associate their bedroom with positive feelings:

- Have a picnic in their bedroom during the day
- Play a fun game or small party

These happy daytime memories make your child feel relaxed and safe in their bedroom, making it easier for them to settle at night. **For more information visit** <https://thesleepcharity.org.uk/>

Dates for Diary

- **Half Term - Monday 20th October to Friday 31st October**
- Friday 31st October – Secondary Application Closing Date
- Monday 3rd November - Return to school.
- Thursday 6th November - Reception Intake 2026 Open Day
- Friday 14th November – Children In Need – Spotty Non-Uniform (more details to follow)
- Wednesday 19th November – Mop up Flu vaccination
- Thursday 20th November – Sunita Patel – The Indian Workshop
- Friday 31st October – Secondary Application Closing Date
- Friday 5th December – Non-Uniform day – Christmas Donation Day
- Friday 12th December – Christmas Jumper and Christmas Lunch date.
- Friday 12th December - Outdoor Christmas Fayre - all invited from 3.30pm onwards
- Thursday 18th December – Christmas Festival at St James' Church (Time to be confirmed)