Story Boxes

Following the success of our story cushions in Early Years, we have launched our story boxes this week. The children are very excited to have the opportunity to bring home their class box for the weekend. Inside you will find a couple of stories, our school teddy and a little treat to keep! Please return to school after the weekend for the next child to enjoy.

CHILDREN FALL IN LOVE WITH BOOKS BECAUSE OF THE MEMORIES CREATED WHEN THEY SNUGGLE UP AND READ WITH SOMEONE THEY LOVE. —RAISING READERS

We want every child in school to enjoy a bedtime story or two and develop a love of books: we hope these story boxes will help.

There are many benefits of reading before bed for children. They'll have more energy throughout the day, be in better spirits, and start their days feeling more relaxed. It also increases the chances that children will sleep through the night without waking up multiple times. With an improved sleep schedule, they'll feel less groggy in the mornings and find it easier to fall asleep at night. Reading before bed can also reduce stress levels. By reading a book that takes their minds off their day-to-day worries and excitements, they'll be less likely to experience anxiety and insomnia.

In addition to improving your children's sleep, there are a number of other benefits to bedtime reading. Some of these benefits include:

- Improved focus and concentration during the day
- Better retention of information learned
- Increased vocabulary
- Improved communication and storytelling skills
- Improved imagination
- Reduced screen time. *Studies show screen time in the evening can seriously disrupt the melatonin surge needed to fall sleep. It is advised that parents should turning off all electronic devices at least one hour before bedtime*.