



THE
AYLSHAM
CLUSTER
TRUST

It takes a Whole Community to Educate a Child

“Sleep....What's that?”

Are you and your children struggling to get a good night's sleep?

Tuesday 14th November 2017

9.30 am—12 noon

Aylsham High School

The Sleep Hive is designed for parents/carers of children in Nursery, Reception, KS1, KS2 and KS3 who would like support to establish a good sleep routine.

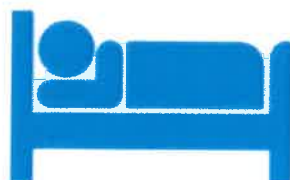
The Sleep Hive is a free fun and interactive workshop which covers the following:

- The physiology of sleep
- Play Sleep Bingo
- Sleep Quizzes
- Why is my child not sleeping?
- Sleep information and strategies
- Keeping a sleep diary
- Developing a good bedtime routine
- Maintaining a good sleep pattern.



This workshop will be delivered by Sleepcast.

To book your place please e-mail mharding@aylshamhigh.norfolk.sch.uk or text/telephone 07780 887348





BreakFast

With Santa!



Come and enjoy your breakfast with Father Christmas!

Aylsham Town Hall

Sunday December 3rd 9.30 until 11.30

Breakfast choice of cereal, bacon bap or sausage bap (vegetarian option available) and a drink

Have your photograph taken with Santa!

(small charge for prints of photographs)

Enjoy a story

Meet Santa, and take home a gift

Enjoy some Christmas crafts- make something to take home with you!

Tickets (including breakfast) £6 per child. Accompanying adults £3.00

All children must be accompanied by an adult.

Tickets available from Aylsham Heritage Centre.

Email www.aylshamheritage@gmail.com call 07919962814

or book online at www.aylshamheritage.com