



**Ecclesfield Primary School**

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Executive Head J. Eagleton BSc Hons PGCE NPQH

4th May 2023

### SATs Preparation

Dear Children,

We would like to take this opportunity to say how proud we are of you. You have worked incredibly hard over the past year preparing for the assessments next week. We are sure you will do really well, and we know you will do your best!

To ensure you are bright and fresh for Tuesday morning please follow the advice below:

- Get plenty of sleep! Go to bed at a reasonable time. Tired brains work less effectively
- Keep hydrated. Drink plenty of water. 80% of your brain is water so keep it working properly
- Eat plenty of fruit/vegetables/carbohydrates. Energy is good for SATS!
- **Make sure you have taken your hayfever medicine if you suffer from hayfever**
- Make sure you have your breakfast every morning before coming to school
- Above all, keep calm and you will be absolutely fine!

We would like to invite you to attend a morning club running from **Tuesday 9th May until Friday 12th May from 8.30am until 8.55am** in the large hall. You will be provided with a snack, fruit and a drink to help you feel prepared and ready.

Good luck!

Mrs Eagleton, Mrs Travers, Mrs Stevenson and all the staff at Ecclesfield Primary School.

