



## HEADTEACHER'S MESSAGE

Mr Hudson passed me an interesting paper recently about young people and sleep. Parents, carers and students may be interested to know the key points ( note it comes from an American study):

60% of secondary children report extreme daytime sleepiness

25% of secondary children believe sleepiness affects their grades

Children today sleep 60 minutes per night less than they did 30 years ago

Lack of sleep has been linked to problems with academic performance, emotional stability, obesity and the increase in ADHD (Attention Deficit Hyperactivity Disorder)

**An experiment conducted in Tel Aviv university two years ago found that the loss of one hour of sleep was equivalent to the loss of two years of learning maturity and development: a 'sleepy' 11-year old would perform like a 9-year old**

Students in high school who got As averaged 15 minutes more sleep than students who got Bs, and the same pattern was repeated down the grades

Tired children were found to have memory problems, a lack of impulse control, and poorer problem-solving skills, and these were aggravated when

they had learnt a lot at school: "the more you learn during the day, the more you need to sleep at night".

"A good night's sleep is so important for long-term learning of vocabulary words, times table, historical data and all other factual minutiae....sleep deprived people fail to recall pleasant memories, yet recall gloomy memories just fine".



I can certainly confirm that I have spoken with children who report feeling very tired during the day, even though they claim to have gone to bed early. My guess is that many continue to play computer games and watch TV even when they are in bed, and the study describes these as among the distractions which prevent children getting the requisite amount of sleep. As a parent of teenagers, I know how hard it is to get them to go to sleep early enough, but I will certainly talk to mine about this; I hope other parents and carers find it useful too.

**Ms L Kirby**

## SEN provision in Richmond Secondary schools

Dear Parents/Carers,

Richmond Upon Thames is currently reviewing its dedicated provision for children with special educational needs and has produced a consultation booklet which includes details of the proposals across the Borough's secondary schools. The consultation leaflet can be accessed at:

[www.richmond.gov.uk/sen\\_consultation](http://www.richmond.gov.uk/sen_consultation)

The leaflet includes details of how to comment on the proposals should you wish. The public consultation period ends on 31<sup>st</sup> March and should be sent to the Borough.

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## **SOME GOOD NEWS..**

We were contacted recently by a member of the public who works in Sheen and travels on the 33 bus from Hammersmith to Sheen each day. She felt compelled to call the school to congratulate a group of Year 11 students who were so well behaved on the bus that morning. They had their books out, were helping one another and talking very positively about education. She takes the 33 bus every morning and has noticed how their maturity has increased and therefore wanted to pass on her congratulations.

# Shene News



## SHORT STORY COMPETITION

I am running a short story competition for our students.

The story can be one they have already written or one written specially for the competition.

What I'm looking for is imagination, creativity and the ability to tell a story. Rules of the competition are on:

[www.faceinterface.co.uk](http://www.faceinterface.co.uk) and there will be something on the school website soon.

The prize is a £20 book token and the winning story will be published on the internet on [www.faceinterface.co.uk](http://www.faceinterface.co.uk). Two or three of the best stories will be published in the student magazine, Shene Rag.

**Ms S Bartholomeusz**

## SCIENCE NEWS

National Science and Engineering week is here and we are doing quite a few things to celebrate! Year 7 will be having a bridge building competition in lessons next week, while Year 8 will be participating in a borough wide science experiment during



their lessons.

We are also running a famous scientist poster competition for all students.

We would really like students to find some scientists they can relate to (not just the standard scientists like Isaac Newton or Marie Curie!) and the posters can be done by hand or using a computer.

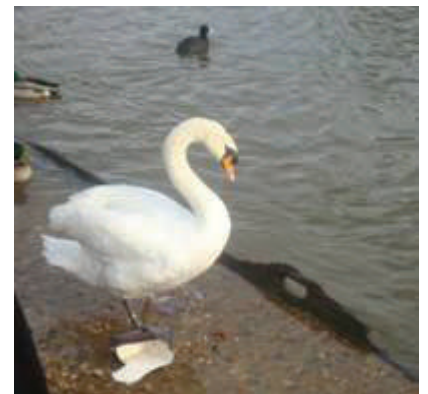
## Creative and Media Diploma Trip to Eel Pie Island

On Thursday the 28<sup>th</sup> January, the twelve Creative and Media Diploma students embarked on a trip to Eel Pie Island to undertake two challenges for their course. They had a lecture on global warming and climate change and were briefed by the head of the company to create a drama performance as part of a campaign to educate students about the effects of global warming. The students then participated in a creative writing workshop by scriptwriter Annie Siddons. The students were extremely creative and well behaved and came up with various ideas for a performance. Annie was so impressed that she wants to come back and work with the students further on their project.

Later the students were introduced to the photography brief: sustainability of the environment in the borough of Richmond. Joseph, the Eel Pie Island organizer discussed the importance of making the public aware of the local environment and to show what individuals and groups are doing to preserve the environment. The students were told that images would have to be: technically adept, memorable and well com-

posed, show creative thinking and have an environmental theme. Richard Clements, a professional photographer from friends of the Crane Environment discussed what made a good photograph and showed examples of his work.

The students were well behaved and motivated and are looking forward to developing their skills in photography. The trust is holding a competition set by the Environmental Trust will and the winner will be decided at their general meeting on June 10<sup>th</sup> 2010.



Look out for the students' performance on climate change towards the end of the term. Students were... Aaron Ahmed, Joseph Evans, Charlie Malyon-Clarke, Skye Reilly, Aicha Meite, Rashidah Batanda, Marisa Jaymes, Laila Elsidawi, Audreyce Morrison, Charlie Rose, Claire

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