



## Henry Green Primary School

Address: Green Lane, Dagenham,  
Essex, RM8 1UR

Telephone: 0208 270 4466

Email: [office@henrygreen.org.uk](mailto:office@henrygreen.org.uk)

Headteacher: Mr Matt Murphy

22/04/2024

### Year 4 Sleepover

Dear Parents/Carers,

I am writing to tell you about an exciting FREE opportunity for the children in year 4.

We want to organise a sleep over at school for the evening of Friday 5<sup>th</sup> July. We have chosen year 4 because it would be good practice leading up to the residential in year 6. Building up little chunks of independence supports children to manage without their parents for short stretches of time, sleepovers are a good way of doing this in a safe and controlled environment.

The sleepover will provide an opportunity for children to interact with peers outside of the structured school routine, whilst being in familiar surroundings with staff they know and feel safe with. They will learn to develop important social skills such as communication, cooperation, compromise, and conflict resolution. Spending a night away from parents will also support their independence and they could develop new skills such as: packing clothes, getting ready for bed and overcoming separation anxiety.

The schedule will be as follows:

#### Friday 5<sup>th</sup> July

**3:20pm** – collect your child as usual from school, take them home, give them dinner and encourage them to pack their pyjamas, toothbrush, pillow, a blanket or sleeping bag, clothes for the morning in a labelled bag and an evening snack.

**6:30pm** – bring your child back to school with their belongings. They should be wearing clothes / shoes suitable for sports activities. We aim to play an evening game of rounders / cricket on the field before going inside.

**8:30pm** – Children come inside – boys and girls will get ready for bed in separate changing rooms and then gather in the hall on PE mats with their pillows / blankets to watch a film and enjoy their snack.

**10.00pm** – Bed Time (we hope). Staff will be sleeping in the hall with the children. We are going to split the hall in half and have boys and girls on separate sides. If children need the toilet during the night – staff will escort them.



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### Saturday 6<sup>th</sup> July

**7:00am** – wake children up and return to changing rooms for children to get dressed and pack up their belongings. We will provide breakfast which will include toast or cereal.

**8:00am** – collect children from school – front office entrance.

This is something new that we are offering this year and we understand that children and parents may feel anxious about this. If you want to discuss the sleepover – please pop along to the Parent Hub any morning during drop off time.

Ms Long, Ms Daley, Mr Robb and Ms Christie will all be attending the sleepover and any of us would be happy to discuss any concerns or answer your questions. We really hope to see as many children there as possible.

Please return the slip below to your child's class teacher to give consent for the sleepover. A couple of weeks before the event we will remind you of all of the information.

Kindest Regards

Ms Long  
Assistant Headteacher

