



# Sunshine Academy

Headteacher: Miss S. Corkindale NPQH PGCE BA (Hons)

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2<sup>nd</sup> September 2026

Dear Parents/Carers,

We hope you have had a super summer break.

We are looking forward to welcoming you and all the children back into school tomorrow – Thursday 3<sup>rd</sup> September at 8.30am.

Staff have been busy over the summer break preparing exciting lessons and creating wonderful classrooms. Our school is now ready and waiting for everyone to arrive back to start another amazing year of fun, friendships and learning.

We know that returning to school means a shift in routines. Prepare for a strong start to the school year by resetting sleep schedules before school begins by moving bedtime and wake-up time earlier.

Reintroduce familiar routines, such as reading before bed, preparing clothes, or having breakfast at the table.

Limit screens for at least an hour before bed to support sleep as overstimulation can affect sleep quality.

Plan a calm, structured first morning back to help them feel more confident.

If there is anything you need to discuss with the new class teachers prior to school starting tomorrow, please contact them via Class Dojo and the class teacher will contact you.

With best wishes from

Everyone at Sunshine

