



Ecclesfield Primary School

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28th April 2025

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 all try your best!

To ensure you are bright and fresh for the morning of Monday 12th May 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 **Monday 12th May until Thursday 15th May from 8.15am until 8.50am** in the large hall. You will be provided with a snack, fruit and a drink to help you feel prepared and ready.

Good luck!

Miss Naylor, Mrs Kirman, Miss Lawrence, Miss Whittaker, Mr Tompkins and all the staff at Ecclesfield Primary School.

