

Headteacher: Mr D. Whales | Chair of Governors: Mr A. Brown

20th March 2026

Dear Parents and Carers,

Recently we asked students to complete a short survey about wellbeing, sleep, morning routines and attendance. The aim was to better understand their daily routines and how we can support them to attend school regularly and feel ready to learn.

What students told us

The survey showed a few clear patterns:

- Many students said they go to bed later than recommended for their age.
- Many students said they take their phones or devices to bed with them.
- Some students said they feel tired when they arrive at school.
- A small number of students said they feel anxious or worried about coming into school.
- Some students were not aware of support in school, such as free breakfast or after-school clubs.

Our suggestions for parents and carers

Sleep

Young people need around 8–10 hours of sleep each night.

Because school starts early, recommended bedtimes are roughly:

- Year 7–8: around 9:00–9:30pm
- Year 9–10: around 9:30–10:00pm
- Year 11: around 10:00–10:30pm

Helpful habits include:

- Going to bed at the same time each night
- Avoiding phones or screens 30–60 minutes before bed
- **Do not let them take their phones in their bedroom overnight**
- Having a calm and regular bedtime routine

Morning routines

A simple and consistent morning routine helps students start the day positively.

Helpful habits include:

- Waking up at a regular time each day (they may need your help)
- Eating breakfast
- Preparing uniform and school bags the night before
- Leaving enough time in the morning so it is not rushed

Phones and devices

Through our discussions with students, we hear multiple accounts of students on their phones until the early hours and trying to come into school with 2 to 3 hours sleep! There are apps like Google

Headteacher: Damien Whales, Ken Stimpson Academy is a school within the Four Cs Multi-Academy Trust (MAT)

Four Cs MAT is a company limited by guarantee, registered in England with company number 7333133, exempt from using the word 'Limited'.

Registered office: Helpston Road, Glinton, Peterborough, PE6 7JX



linktr.ee/ks_school

family link, apple screen time and Qustodio which can help with controlling your child's screen time and what they have access to.

Support available in school

We would also like to remind families about support available in school:

- Free breakfast available every morning from 8am
- Morning activities and clubs to help students start the day positively. Girls netball, 5 a side football and futsal, FPL Friday (Fantasy Football), quiet classrooms to settle, games in the canteen, dance & music.
- A range of after-school clubs and opportunities, the timetable will be updated for after Easter – [Ken Stimpson Academy - Clubs](#)
- Support from tutors, Heads of Year and pastoral staff

Working together

Good attendance comes from strong routines, support at home and support in school. If your child is finding school difficult, please contact us so **we can work together to help**.

Thank you for your continued support.

Kind regards,



Mr W Bradley

Associate Assistant Headteacher / Head of Faculty: PE

Headteacher: Damien Whales, Ken Stimpson Academy is a school within the Four Cs Multi-Academy Trust (MAT)

Four Cs MAT is a company limited by guarantee, registered in England with company number 7333133, exempt from using the word 'Limited'.

Registered office: Helpston Road, Glinton, Peterborough, PE6 7JX



linktr.ee/ks_school