

Primary Assembly



Be informed.



Be curious.



Be heard.

Your latest results: “Do emojis make communicating easier?”



Yes

78.9%

No

21.1%

“Yes, because it expresses what you’re feeling and can help people with their spelling.”

Mildmay Primary School

“You don’t have to write as many words. They can still understand what you’re saying from the pictures.”

Lanchester Primary School

“We can use emojis to help us express our feelings and thoughts, but with the emoji on its own, we can get confused 😊”

Holland House School

“I think not because sometimes it is difficult to understand what someone is saying based on the emoji they use as some emojis can mean different things.”

Morley Place Academy

54,532 young people voted this week! Were you one of them?

Your latest results: “Do emojis make communicating easier?”

At The Week Junior we always want to know what young people think – and I’m delighted to see that so many of you took the time to make your voices heard.

I’m with the majority, I also think emojis help with communication. As an editor I work with words all the time, but as a magazine editor, I know the power of an image, and emojis seem to me the perfect combination of the two.



THE WEEK
Junior

**Vanessa Harriss, Editor
at The Week Junior**

Your views on “Do emojis make communicating easier?” were also heard by:

**THE WEEK
Junior**

The Week
Junior



Oxford
English
Dictionary



Susie
Dent



The British
Psychological
Society



Speakers
Trust



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Want to share your views with us? Share your votes and comments by logging into your VotesforSchools account. You can also get in touch at primary@votesforschools.com

Voters' Choice wasn't the only way you changed the conversation last year...

Your votes on our knife crime topic were used by the National Commission for Knife Crime and the Youth Endowment Fund in their research.



Your thoughts on homophobic language were featured in the [BBC!](#)



The Carers' Trust used your views on young carers from 2023 in a special report.



Barnardo's took your votes to the Labour and Conservative Party Conferences and included them in a special [press release](#).



Our partners for the periods VoteTopic shared your views on their social media channels.



Thought of the week:

How can we
get a better
night's sleep?



Wellbeing:

The state of feeling healthy and happy.



In the last few **years**, **sleep** and the **scientific research** around it has been a **hot topic**.

Sleep is an important part of our **physical**, **mental** and **social wellbeing**, just like **eating well** and **being active**.

A **recent study** showed that on average, **people** in the **UK** had **six and a half hours of sleep** a night. **Doctors** and **researchers** recommend between **7-9 hours** of sleep for **adults** and it's even more for **young children** and **teens!**



Less **sleep** and **poor quality sleep** can be bad for **people's health**. There is **lots** of information out there to help people get **better rest** and be **healthier**.
This information is **especially important** for **young people** too!





Be curious: Good night?



Myth:

A false idea that is commonly believed.

There is a **lot** about **sleep** that **scientists don't understand** yet, and there are **lots of gaps** still to be filled.

When there are **gaps in our understanding**, **myths** can be **repeated so often** that we **start to think they are facts!** Let's see how many **sleep myths** you can **put to bed** today...



Point it out!

Over the next few slides, you are going to read some statements about sleep. If you think the statement is a **myth**, **point**. If you think it is a **fact**, **raise your hand**.



You can still get a good night's sleep even if you wake up.





Be curious: Good night?



This is a fact!

Waking up during the night is completely normal and to be expected. During sleep, we cycle through different sleep stages, moving from lighter sleep stages to deep sleep.





We all need 8 hours of sleep.





This is a myth!
Although some people might find that 8 hours of sleep at night suits them, we're all individuals and have different sleep needs.



Waking in the morning and still feeling dozy is a sign of a poor night's sleep.





Be curious: Good night?



This is a myth!

Very few of us probably wake up in the morning and immediately spring out of bed ready for the day. It's more likely that people wake up and take a few minutes to shake off sleepiness.





You can “catch up” on the sleep you’ve missed.





Be curious: Good night?



This is a myth!

Scientific studies show that you can't make up for lost sleep by having more on the weekends or in the school holidays.





Be heard: What dreams are made of



Now we **know** a bit **more** about sleep, what do you think you could do to **improve** your **own**?

Thinking it over...

Over the next few slides, you are going to think about how you could get better rest. For each tip, reflect on whether you could do this.

Challenge!

How else might these tips help you feel healthier and happier?



Be heard: What dreams are made of



**Follow the same daily
bedtime routine.**





Be heard: What dreams are made of



**No screens before
bed.**



Be heard: What dreams are made of



Drink a glass of warm milk before bed.





Be heard: What dreams are made of



Keep your bedroom tidy.



Be heard: What dreams are made of



**Get plenty of
daylight.**



Be heard: What dreams are made of



**Wind down before
going to sleep.**



This week you're discussing: "Should lessons start later in the day?"

Yes

This would give us the chance to eat, chat, read and pick what we wanted to learn.

I would really like a bit of time at the start of the day to wake up and switch my brain on for my lessons.

I think a later start would improve my health and wellbeing.

How will we fit in all our lessons if we start them later on in the day?

I think it is best to just get started on lessons straight away, so we don't get distracted.

If I could wave a magic wand, I'd change the timings of the school day completely. I'd opt for finishing school earlier in the afternoon!

No

Join the national conversation by logging into your [VotesforSchools](#) account or sharing your thoughts with your teacher!