

This month's wellbeing edition is about -"Healthy Sleep, Healthy Minds"



Supporting Your Child's Sleep for Better Learning and Wellbeing

Good sleep is essential for your child's mental, emotional, and physical wellbeing. A consistent bedtime routine helps children feel secure and prepares their minds for rest, which is key to focus, learning, and emotional regulation during the day.

Aim for 9-11 hours of sleep for primary-aged children, reduce screen time before bed, and create a calm, screen-free environment. Relaxing activities like reading or listening to soothing music can also help. Quality sleep isn't just about rest; it's the foundation for a healthier, happier school experience. Prioritise healthy sleep habits—your child's mind will thank you!

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Sleep-Care Practices for Families

- Set a regular bedtime - Keep sleep and wake times consistent.
- Create a calm routine - Try reading, a warm bath, or quiet music.
- Limit screens - Turn off devices at least an hour before bed.
- Make the bedroom sleep-friendly - Cool, dark, and quiet is best.
- Encourage activity - Daily exercise supports better sleep.
- Avoid caffeine - Skip fizzy drinks, tea, or chocolate before bed.

The Sleep We Need Poem

The moonlight whispers soft
and clear,
As night brings peace and
calm near.
Close your eyes and drift
away,
Rest for strength to face
the day.
In sleep, our minds can heal
and grow,
Tomorrow's bright with
dreams to show.
So let go, relax, and
breathe,
For in the quiet, we find
relief.

Useful Website-Click here

Sleep – or lack of it – is common concern for parents. As new parents quickly learn, the well-being of everyone in the household can depend on how well their baby sleeps. And when they're older, kids who don't get enough sleep can have trouble paying attention, mood swings, behavior problems, and learning problems.



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"Sleep is the best meditation." – Dalai Lama

Useful Video - BBC Bitesize Rodd's Bad Day - Sleep is Important!

Presenter Rodd helps us learn how lack of sleep affects how our brain works. Rodd is usually very organised but he is staying up too late playing computer games. The children help him realise how badly he is affected by the lack of sleep through playing a memory game. Rodd then goes off for a good night's sleep and returns bright and cheery with a tidy house.

Book of the month - Click Here



Go to sleep and grow your brain! During the day, your brain helps you do things like eat, walk, play with friends, and learn new things

