



Herbert Thompson Headteacher Update

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IS YOUR CHILD GETTING ENOUGH SLEEP?

A lack of sleep can have a very negative impact on children's mental health and wellbeing as well as their learning.

BENEFITS OF ENOUGH SLEEP



Better Brain

Improved memory and concentration



Better Body

Improved energy



Better Mood

Improved emotional resilience

IMPORTANCE OF GOOD SLEEP

As the mum of teenage girls, I know how difficult it can be to get your children to bed sometimes, especially with the temptation of mobile phones and social media. However, it's so important to encourage good habits as soon as possible. Here is a video that can help.

[https://youtu.be/-49VUwlPKE4?si=ZYQa](https://youtu.be/-49VUwlPKE4?si=ZYQa8hf-N_EegamO)

[8hf-N_EegamO](https://youtu.be/-49VUwlPKE4?si=ZYQa8hf-N_EegamO)

Children	Recommended Sleep	Teens	Recommended Sleep
5 - 13 years	9 - 11 hours	14 - 17 years	8 - 10 hours