



Welcome to our new Safeguarding Newsletter

Keeping children safe and well is our number one priority at Holy Cross Catholic Primary School. Every half term we will be producing a newsletter based on a safeguarding theme. This newsletter is designed to help school and parents to work together to safeguard children's wellbeing. This half term's topic is **sleep and the affects sleep deprivation can have on your child/children**. New research has found that inconsistent bedtimes are linked to cognitive development and can affect physical and mental health.

Did you know that adding one hour of extra sleep decreases the chances of being overweight or obese by around 30%?

Children who regularly have sleepless nights are more likely to suffer with depression when a teenager.

See how much sleep your child should have



Why is it important to have a good nights sleep?

According to research these are some of the benefits:

- Your child will do better at school
- React quicker to situations
- Have a more developed memory
- Learn more effectively
- Solve problems better
- Be less susceptible to colds and other minor ailments
- Less irritable
- Better behaved
- Positive impact on their mental health



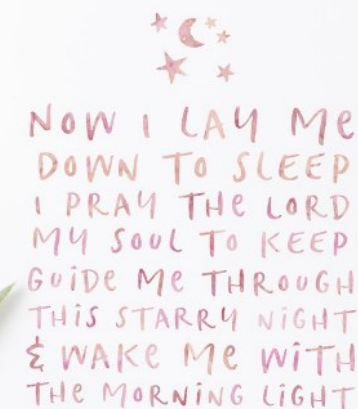
How to get your child/children to sleep:

- ⇒ **Routine is key-** for both children and adults. Going to bed and getting up at roughly the same time, all the time, programmes your body to sleep better. Parents simply need to be stricter about enforcing bedtimes and making sure a consistent bedtime routine is followed.
- ⇒ Remove or limit distractions in the bedroom i.e. games machines, tablets, TV and mobile telephones etc.- these are the root of many sleep problems. The light emitted by these devices is known to suppress the sleep hormone melatonin and delay sleep. Consider agreeing a time where all technology should be turned off by and/or if your child has a mobile phone agree where your child's phone could be left overnight e.g. the landing.
- ⇒ Set aside time before bed to wind down properly- this is the perfect opportunity to read with your child, or talk to them about their day.
- ⇒ Know how much sleep your child needs- refer to NHS guidance for this.
- ⇒ Clear out clutter- it's harder to switch off in a messy room.
- ⇒ Make sure the bedroom is cool, quiet and dark.
- ⇒ Watch this video to find out more information: <https://www.nhs.uk/Video/Pages/sleep-problems-podcast.aspx>

You could always keep a sleep diary to monitor how much sleep your child is getting and to observe any patterns of behaviour.

Here is a link to one:

<https://www.nhs.uk/Livewell/insomnia/Documents/sleepdiary.pdf>



NOW I LAY ME
DOWN TO SLEEP
I PRAY THE LORD
MY SOUL TO KEEP
GUIDE ME THROUGH
THIS STARRY NIGHT
& WAKE ME WITH
THE MORNING LIGHT