

17th January 2024

Sleep for children

Dear Parents and Carers,

This morning we welcomed the School Nursing team to Willow to talk to the children in Year 4 to 6 about the importance of sleep and having a good sleep routine. They visited the children in Reception to Year 3 in December too.

Overall, the children were very knowledgeable about why sleep is important and how it helps their physical and mental wellbeing.

During the sessions we asked the children about their routines and we noticed that a very high proportion of children said that they often watch an electronic device before bed. They were interested to learn that the blue light from a phone or tablet/ iPad triggers a hormone in their brain that can interrupt their sleep.

The nursing team recommended quiet music or reading a book rather than an electronic device.

The children were also surprised to learn that at their age, about 10 hours of sleep is the recommended amount.

It was great to hear how so many children have a good sleep routine, however we appreciate that for some families it is trickier so, if sleep is a challenge in your household, there's plenty of support available through the local nursing team and through the sleep charity <https://thesleepcharity.org.uk/information-support/children/>.

We plan to offer an information and support session for parents and carers about sleep over the next few weeks so, if this is something you may be interested in, please look out for the flyer with more details.

Yours Sincerely

Mrs Sumner,
Principal