



TOGETHER WE CAN



Safeguarding Newsletter 2024

Spring 1

Welcome to our termly newsletter for parents. In this edition, we will be focusing on the importance of sleep and regular routines. Please remember that if you ever have a safeguarding concern regarding your child, or indeed another child, you can always speak to any member of staff or a member of our school's safeguarding team, details of which are available from the school office or via our school website.

What's the importance of sleep?

A good night's sleep is essential to feeling good, being able to learn and staying healthy. A lack of sleep can

make you feel poorly, unable to learn and not want to go out with your friends and family. If you, or your child, is struggling to get a good night's sleep, follow these top tips:

1. Think about your bedtime routine - What time do you go to bed? If you are going to bed too late, you will not get enough sleep. Try bringing your bedtime forward by 20 to 30 minutes at a time.
2. Make sure you are tired before going to bed - the less time you have to spend awake on bed, the better.
3. Have at least 15 minutes of quiet time before going to sleep so that your body and brain can relax and prepare for sleep.
4. Don't use your phone or computer before bed - this can stimulate your brain and make it more awake.
5. Try having a lukewarm bath as this can help your body to relax.
6. Try to go to bed at the same time every day once you have a settled routine
7. Choose a relaxing activity before bed, such as reading or listening to calm music.
8. Create a cosy environment. Is the room dark enough? Is the room at the correct temperature... not too hot and not too cold?

Do you know how much sleep your child needs?

The amount of sleep that your child is recommended to have is based upon their age. The NHS recommends the following:

Age	Amount of sleep
5 Years old	11 hours
6 Years old	10 hours 45 minutes
7 Years old	10 hours 30 minutes
8 Years old	10 hours 15 minutes
9 Years old	10 hours
10 Years old	9 hours 45 minutes
11 Years old	9 hours 30 minutes

E-Book to Support Parents and Carers



<https://northyorkshireccg.nhs.uk/wp-content/uploads/2023/03/SC-0138eBookHomePrint.pdf>

Referral Information – click on the link below

https://northyorkshireccg.nhs.uk/wp-content/uploads/2023/04/SC-0217NYFlyer_March2023.pdf

Further Resources

The Sleep Charity has many resources to support families. Click on this [downloadable flyer](#) for more information on what's available.

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