



Midsomer Norton Primary School

'Part of the Midsomer Norton Schools Partnership'

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25th January 2018

Dear Parents/Carers,

'Sleep Week': Promoting Sleep and Wellbeing



As part of our focus on wellbeing and our work towards achieving The Director of Public Health Award, we are focussing on sleep and tiredness. We conducted a survey with our KS1 and 2 children and a staggering **60%** of them said that they had felt tired on 3 or more days during the week and that this has impacted their school work. Getting enough sleep has a hugely positive impact on wellbeing.

Did you know that a 5 year old should have **11 hours sleep**, a 7 year old should have **10 ½ hours** and a 10 year old should be sleeping for **9 ¾ hours**? For more information about recommended amounts of sleep, visit: <https://www.nhs.uk/Livewell/Childrensleep/Pages/howmuchsleep.aspx>

Next week we will be having '**Sleep Week**', we would like to focus on promoting sleep and techniques for relaxation.

Our school nurse will be running a workshop for parents and carers to help advise and support about sleep and bedtime routines and a give you chance to discuss and share your own issues around your child's sleep. This will take place on **Thursday 1st February at 9 am**. It would be great if you could attend.

In addition, the children will take part in the following activities:

Who can get the most sleep?

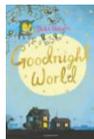
Bedtime stories

Relaxation and mindfulness

Dream diaries

An assembly about sleep

We would also like to hold a **£1 raffle** to raise some money to buy some special bedtime books that will be available to borrow and use at home. The prizes for the winners will be some excellent nightlights that will hopefully help with bedtimes too.



Please help support us promote the benefits of sleep and encourage your children to talk about what they have learnt.

Thank you

Katie Dodington, Norma Forster, Olivia Cole & Sarah Biss

The Pastoral Team



