



## A MESSAGE FROM THE WELLBEING IN MIND TEAM

As we head towards the holidays and a chance for a rest and recharge we thought it was important to share some key messages regarding sleep. As part of our work with the Wellbeing in Mind Team it was identified from the parent survey that a session about supporting your child with their sleep would be beneficial which we will be holding in the New Year on Wednesday 10<sup>th</sup> January 2024 at 9am. Till then the Wellbeing In Mind Team have shared the following top tips and advice.

**WELLBEING IN MIND TEAM**

**NHS**  
Tees, Esk and Wear Valleys  
NHS Foundation Trust

### Sleep Advice



### Why is sleep important?

- Strengthens immunity and helps fight illness
- Improves memory and concentration
- Gives us energy to work and play
- Impacts mood and helps us to relax
- Reduces anxiety and mood swings
- Improves behaviour and friendships
- Helps us have better relationships at home
- Improves problem solving

Everyone needs a good sleep routine for their bodies to convert the sleep hormone, melatonin, into the happy hormone, serotonin. This is known as the *circadian rhythm*.

At some point every child struggles to fall asleep, stay asleep or will wake too early. Re-establishing a sleep pattern is the first step to feeling well. You can do this in 28 days.

"I'm too tired to go to bed."

"But my teddy isn't ready for bed yet!"

**Lakeside is a nut aware school**

Please can we remind you that there are several children in our school with serious nut allergies. Therefore, we kindly ask that you are extra vigilant when sending in food from home.



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### Good Sleep Hygiene in 28 days

- ✓ Make sure your child gets enough exercise in the day
- ✓ Wake up at the same time every day
- ✓ Get ready for bed at the same time everyday
- ✓ 1 hour before bed, turn off mobile phones, tablets, games consoles and TV
- ✓ Dim the lights and close curtains.
- ✓ 1:1 quiet time together doing an activity like reading , jigsaws, crafts
- ✓ Warm milky drink
- ✓ Relaxing bath and into bed
- ✓ Bedroom 16°C – 18°C

### Avoid:



- Sugary food and drinks
- caffeine
- Naps after 2pm for small children
- Daytime sleeping for older children and teenagers

"My mouth just won't stop talking!"

"My head keeps talking!"

"One more game will help"

### How much sleep?

Age	Average Hours of Sleep	
	Daytime	Night –time
2 -3 Years	1 ¼	11-11 ¾
4 – 9 Years		10-11 ½
10- 14 Years		9- 9 ¾
15 -16 Years		8 ½- 8 ¾

### Further Information



[www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk)

[www.sleepscotland.org](http://www.sleepscotland.org)

[www.thechildrenssleepcharity.org.uk](http://www.thechildrenssleepcharity.org.uk)

"But why?"

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## Mental Health



### 31 DAYS OF MENTAL HEALTH!

31 mental health activities in colorful boxes:

- Eat lunch in the sun!
- Cook a healthy meal for yourself.
- Treat yourself.
- Drink only water today.
- Write a letter.
- Listen to your favourite album or podcast.
- Take a one hour walk.
- Switch off.
- Self care Sunday!
- Try meditation.
- Digital detox.
- FaceTime your family or friends.
- Have lunch with a friend.
- Read a book.
- Start a conversation.
- Take a nap.
- Send a hug to a friend.
- Unfollow negative accounts.
- Rest your eyes.
- Sleep in.
- Explore your suburb.
- Put down your phone.
- Share your story.
- Have a cup of tea in the sun.
- Buy a gift for a friend.
- Go to bed 30 minutes earlier.
- Spread some kindness.
- Jot down your ideas.
- Complete a mindfulness activity.
- Compliment a stranger.
- Say no to something.

### ARE YOU A HERO?

### HERE EVERY DAY READY ON TIME

Every day in December we have been running a daily attendance raffle with the winners receiving a selection box. Let's have a fabulous last week with our highest possible attendance!

#InItToWinIt #AttendanceMatters

### DATES FOR YOUR DIARY –

Wednesday 20th December – 2:45pm KSI (Years 1 & 2) Carols round the tree to parents at school

#### Christmas parties

Please come in party clothes. No food is needed as school with help from the Lakers provide treats

Tuesday 19<sup>th</sup> December EYFS and Year 3  
 Wednesday 20<sup>th</sup> December Year 5 and Year 6  
 Thursday 21<sup>st</sup> December Year 1, Year 2, Year 4

Friday 22<sup>nd</sup> December – 3:15pm School Closes  
 Monday 8<sup>th</sup> January School Opens

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