



Whitchurch  
Weekly

School  
News

15th Mar  
2024  
Issue 24

## Meet the Team!

**Name:** Thekla Charalambous

**Role:** Midday Assistant (SMSA)



**About me:** I was born in Edgware and lived in Kingsbury/Colindale until I got married in 1985 and moved to Harrow. I have 2 adult children, a granddaughter and another on the way! My school years started at Roe Green Infants and Juniors, followed by Kingsbury High School (George Michael was in the year above me and Grange Hill was filmed there too - fun times!). I've had various jobs from being a civil servant in the police sector to dressing brides in the retail sector.

**Hobbies and interests:** Cooking, baking, knitting, reading, long walks, listening to Greek music along with a bit of dancing and plate smashing! Opa! Watching Netflix is a must. My current binge watch is 'Call the Midwife'. I'm not into Big Brother, Love Island etc. (sorry!) and I much prefer a 'whodunnit'. My favourite thing is not so much a hobby but a way of life - that is to be a good person, make others happy and of course look after my family.

**Best part about my role:** In comparison to the amazing teaching, admin and leadership staff here at Whitchurch, my time with the children is quite short per day. However, for me, lunchtime is equally as important as I am able to see them have their lunch and socialise. Watching the little ones gaining their independence, enjoying their lunch and of course helping to make that time enjoyable puts a smile on my face. When they say "Thank you, Miss!" - that makes it all worthwhile!

1CL and 4SF  
class assembly  
next week

Please  
remember that  
playground gates  
are now open  
between 8.35am  
and 8.55am

Please  
remember  
to book your  
child's lunches  
via ParentPay



## Dates for your Diary

Monday 18th to  
Wednesday 20th March

Year 6 Residential Visit  
to Danbury Essex Outdoors

Wednesday 20th March

HMS String Festival at Harrow Arts Centre  
2KB visit to Florence Nightingale Museum

RRHE Parent  
Workshop on  
Thursday  
21st March

Thursday 21st March

2SA visit to Florence Nightingale Museum  
Relationships, Reproduction and Health Education  
Parental Workshop (attend 2.30pm or 5pm)

Friday 22nd March

2HD visit to Florence Nightingale Museum

Last day of  
Spring term  
Thursday  
28th March

Friday 10th May

Year 4 Trumpets/Clarinets  
(9.15am-9.45am for 4BS and 4CM and  
10.15am-10.45am for 4XL and 4SF)

13th to 16th May

KS2 SATs Week

First day of  
Summer Term  
Monday  
15th April

Tuesday 14th May

5SK and 5SC visit to Kew Gardens

Wednesday 15th May

5PA and 5ET visit to Kew Gardens

Thursday 23rd May

Class Photographs

Friday 24th May

Class Photographs  
Soloists Morning Concert (9.15am)



## Class Assemblies

19th March - 1CL  
23rd April - Lions  
30th April - Tigers  
7th May - Leopards  
14th May - Jaguars

**Infant Class  
Assemblies**  
Tuesdays  
9.05am



21st March - 4SF  
11th July - Year 6

**Junior Class  
Assemblies**  
Thursdays  
at 9.05am

# STARS of the Week



Well done to our stars of the week, who have been selected for excellent work and demonstrating our school values

This week's Infant Stars

- RRA Tigers** Aadi
- RNW Leopards** Shayan
- RRV Lions** Raihan
- RPS Jaguars** Ziad
  
- 1ST** Ruhi
- 1BP** Shri
- 1SM** Nyla
- 1CL** Whole Class
  
- 2HD** Idris
- 2KB** Ali Mehdi
- 2SA** Anass
- 2AR** Aarshay
  
- 3NL** Kiame
- 3MS** Tia and Ansh
- 3LA** Ibrahim
- 3SM** Whole Class

Respect  
Responsibility  
Resilience  
Honesty  
Generosity  
Aspiration

- 4BS** Nathan
- 4CM** Jay
- 4XL** Eduard
- 4SF** Taiyan
  
- 5PA** Saara
- 5SK** Daria
- 5SC** Whole Class
- 5ET** Whole Class
  
- 6HH** Sophia
- 6AS** Whole Class
- 6EH** Kiyon
- 6MO** Whole Class

This week's Junior Stars

## Class Attendance this week

<b>Nursery</b>	<b>AM</b> 94.55%		<b>PM</b> 86.25%	
<b>Reception</b>	<b>RRA</b> 91.38%	<b>RNW</b> 98.67%	<b>RPS</b> 89.66%	<b>RRV</b> 96%
<b>Year 1</b>	<b>1CL</b> 97.33%	<b>1BP</b> 98.67%	<b>1ST</b> 96%	<b>1SM</b> 93.79%
<b>Year 2</b>	<b>2AR</b> 93.45%	<b>2HD</b> 97.67%	<b>2KB</b> 97.33%	<b>2SA</b> 90.65%
<b>Year 3</b>	<b>3LA</b> 97.33%	<b>3MS</b> 98.62%	<b>3NL</b> 90.67%	<b>3SM</b> 97.33%
<b>Year 4</b>	<b>4CM</b> 97.78%	<b>4SF</b> 97.78%	<b>4XL</b> 91.07%	<b>4BS</b> 91.85%
<b>Year 5</b>	<b>5ET</b> 90%	<b>5PA</b> 98%	<b>5SC</b> 95.86%	<b>5SK</b> 97.78%
<b>Year 6</b>	<b>6AS</b> 90%	<b>6EH</b> 94.33%	<b>6HH</b> 94.48%	<b>6MO</b> 96.79%

This week's Attendance Stars are **RNW** and **1BP**!

Whole School **94.93%**



## RRHE Parental Workshop

A reminder that we shall be holding a workshop outlining our approach to Relationships, Reproduction and Health Education on **Thursday 21st March (2.30pm-3.15pm or 5pm-5.45pm)** for parents/carers of children in Reception to Year 6. This session is intended for parents and carers who have not attended previously and would like to find out more.

## Arrive on Time



Please remember that playground gates **close promptly at 8.55am**. There is plenty of time for children to arrive on time and avoid a late mark. We would like to remind parents and carers to be kind and considerate towards our staff.

## FoW Easter Competition



Friends of Whitchurch are holding an Easter egg design competition. Next Wednesday all children across the school will receive a sheet to design their Easter egg and should hand these in to their teacher by Friday. The best design entry from each class will win an Easter egg! Good luck and get creative!



## The Elms Holiday Activity Camp

The Elms are holding an activity camp for children aged 5-12 in the Easter holidays from **Tuesday 2nd to Friday 5th April, 9am-4pm**.

This event is **£34 per child per day**. Early Bird discounts are available until Friday 22nd March. 20% sibling discounts are available when they attend on the same days.

Activities include sports, art and crafts, games and much more. Children should wear comfortable clothing and bring a snack, packed lunch and drink in a refillable container for the day.

Booking hotline: **020 8954 8787** / Book online: **www.theelms.co.uk**

For more details please see the flyer on the **Support for Families** page of our website: **www.whitchurchprimary.harrow.sch.uk/page/support-for-families**

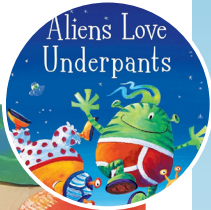


Visit the **Support for Families** page of the school website (in the Parents & Community section) for useful activities and resources

Year Group  
Highlights

**Aliens and Spaceships**

This week in Nursery we have been learning about Aliens and Spaceships. We enjoyed the story 'Aliens Love Underpants' and designed our own underpants. We also made different planets and amazing spaceships using CDs!



Nursery

Year 1

**Easter Story**

In R.E. this week, Year 1 have been learning all about the Easter Story. We discussed what people might do to celebrate Easter - such as going on Easter egg hunts and decorating eggs - and created our very own spinning wheel with key events to tell the Easter story.



**The Gingerbread Man**

This week in Reception we continued reading 'The Gingerbread Man'. We had fun making our own gingerbread people using collage materials and wrote descriptive sentences about our very own Gingerbread characters!

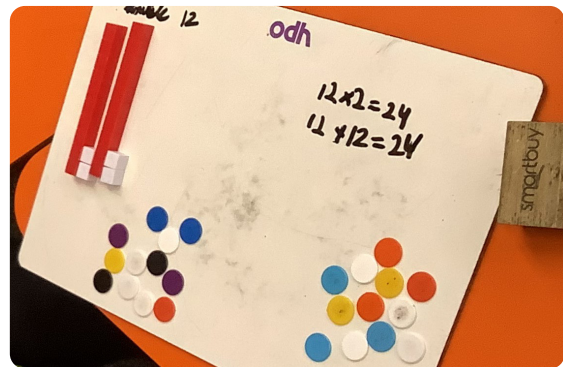
Reception



Year 2

**Doubling**

In Maths this week Year 2 have explored doubling. We doubled single and two-digit numbers by first partitioning these into tens and ones with the support of resources including Dienes blocks and counters. We were able to use quick recall of 2x, 5x and 10x tables to help us!



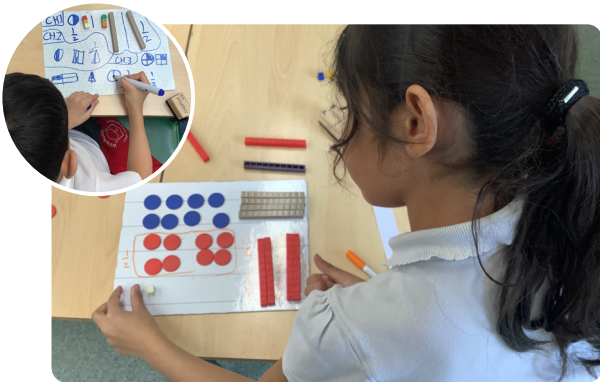


# Year 3

# Year Group Highlights

## Fractions

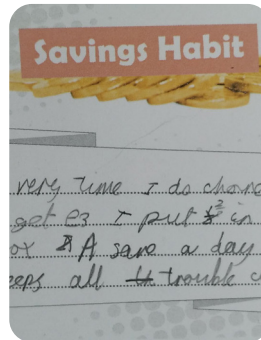
This week in Maths, Year 3 have been learning all about fractions. We found out the meaning of a numerator and a denominator and further explored the concept of fractions using resources including Dienes blocks and counters.



## Money Aspirations

This week Year 4 participated in our final workshop from 'My Bnk' about our future. We considered our money aspirations and made plans to save for an exciting future! Take a look at our 'forward thinking' savings habits.

# Year 4



# Year 5

## Ancient Greece

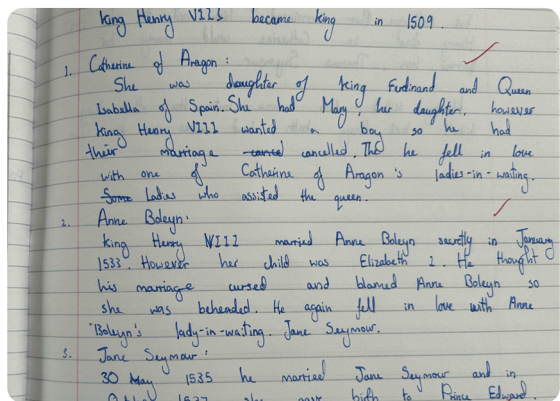
Year 5 visited The British Museum as enrichment for our learning about Ancient Greece. We used digital tablets to enhance our learning about the Parthenon and found out more about myths and legends, gods and goddesses and everyday life in the galleries.



# Year 6

## Early Islamic Civilisation

In History, Year 6 have been learning about the Early Islamic Civilisation and life in Britain at the time. This week we compared King Henry VIII with King Shahryar and how they treated their wives.





## Questions to ask after school

Do you ever wish you could be a fly on the wall at your child's school? As a parent, sending your child to school can bring up all sorts of feelings. More than anything, you may be feeling curious: what did they do? How did they behave? How do they act when you are not there? Many of you may also have realised that asking your child "How was your day?" doesn't always encourage them to share their experiences.

### How parents and carers can help

Give your child some time before asking them lots of questions at pick-up: they may be tired and will need to reconnect with you first. Try to chat casually and to ask open-ended questions. If they aren't ready to answer, just pause and come back to it later: perhaps as you are playing, eating together or during bath time. Here are a few examples of questions you can ask instead:

- What was the funniest/silliest thing that happened today?
- What games did you play in the playground?
- Did anyone do anything super nice for you?
- What was the kindest thing you did for someone else?
- How would you rate your day on a scale of 1-10?
- What is something you would have liked to do differently today?
- What made you smile today?
- Which rule was the hardest to follow?
- Did you make a new friend today? What's their name? What do you like about them?
- Is there anything you would like help with?
- If you were a teacher/head of the school, what would your class/school be like?

### Reach Out

Sometimes we could all do with someone to talk to. If you would like to meet Tom for a confidential and non-judgemental chat about you, your child, or any other worries, he is available on **Wednesdays at 9am-10am**. You can contact Tom on **07799 028 461** or email [tom@schoolsounsellingpartnership.co.uk](mailto:tom@schoolsounsellingpartnership.co.uk)

## Brilliant Parents Workshops



Various workshops run from **up until 25th March**. For more details and to book a place visit the Support for Families page of our website: [www.whitchurchprimary.harrow.sch.uk/page/support-for-families](http://www.whitchurchprimary.harrow.sch.uk/page/support-for-families)

Support for  
Families



## Forget-Me-Not Walk for Riya



We will be transforming our 'Daily Mile' each day during the week of **Monday 25th March** into a memorial 'Forget-Me-Not Walk for Riya'. This will hopefully allow the children to have a space to remember Riya's wonderful moments and support Nikita as she takes strides into a forever altered life without her sister. It will also mean the children can take time to remember anyone they are missing and, most importantly, make lovely new memories with their classmates. We hope that this event will mean that we create an environment that puts peer support at the centre of our classes.

In preparation for this wonderful week of memory making and reflection we are asking the parents to make a donation and leave a message via the following link:

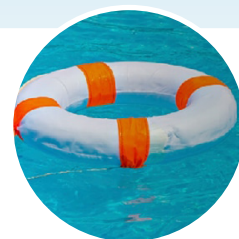
### **Whitchurch Primary School Forget-Me-Not Walk in memory of Riya Hirani - JustGiving**

Grief Encounter supports children and young people after a bereavement. They rely entirely upon voluntary fundraising and for every £100 raised a new family can receive specialist bereavement support in their darkest days of grief.

Should any family feel they support please do not hesitate to contact Grief Encounter's free and confidential helpline 'Grieffalk' on 0808 802 0111.

## Water Safety

The Water Safe Friendly programme builds on the success of the Learn Live digital delivery of educating young people across the UK about safety. This programme is supported by Becky Adlington OBE who is a former gold medal Olympian swimmer who specialised in freestyle events in international competition.



The National Water Safety Forum (NWSF) is reminding people to 'Respect the Water' as the warmer weather arrives but with the water temperatures remaining dangerously cold.

Please register to watch the 15 minute video below: [www.learnliveuk.com/water-safe-friendly](http://www.learnliveuk.com/water-safe-friendly)

You can also visit the Royal Lifesaving Society for essential guides including Summer water safety: [www.rlss.org.uk/pages/category/water-safety-information](http://www.rlss.org.uk/pages/category/water-safety-information)



## Support for Families



### HAF in Harrow - Free Easter Holiday Clubs

The Holiday Activities and Food (HAF) Programme is a Department for Education (DfE) funded programme of activities for children eligible for means-tested Free School Meals (FSM). It offers a range of physical and creative activities, including some specialist SEND provisions. The programme also includes free daily nutritious meals.

Free Easter Holiday Clubs are running from **29th March to 12th April**. For more information please see the flyer on the Support for Families page of our website: [www.whitchurchprimary.harrow.sch.uk/page/support-for-families](http://www.whitchurchprimary.harrow.sch.uk/page/support-for-families)

Please also see the Young Harrow Foundation website: [www.youngharrowfoundation.org/haf-programme](http://www.youngharrowfoundation.org/haf-programme)



## Wellbeing

### Developing Healthy Sleep Patterns

For children and young people, low-quality sleep can become a serious issue. It has been theorised that poor sleep can have a significant impact on children's brain development, affecting them for the rest of their lives. A healthy and consistent sleeping pattern is therefore incredibly important for children and young people's wellbeing.

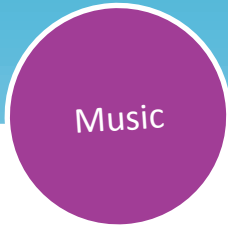
With the stresses and distractions that can present themselves to youngsters, it can be tricky to ensure they're in the best mindset to wind down in the evenings for the rejuvenating rest that they need. The right approach, however, can give them a better chance of cultivating a healthy sleeping pattern.

Please refer to the poster attached to this newsletter for practical tips on helping young people to achieve and maintain a healthy sleep pattern.



National Online Safety®

#WakeUpWednesday



## Spring Music Concert

Our Spring Music Concert on Wednesday afternoon was another valuable performing experience this half term. All year groups from Year 2 upwards were represented - showcasing orchestral, non-orchestral, and Indian instruments, with participants ranging from pre-Grade to Grade 5. Many congratulations to our 30 young musicians who impressed us with their skills and commitment.

Also, many thanks to our HMS teachers for preparing our pupils for this concert and to all the staff that helped with the organisation and presentation of this event. Above all, a big thank you to all the families for their continuous support and encouragement towards their children's musical journey.

**Mrs Leutfeld**  
Director of Music



## Therapy and Sensory Room

Our Therapy and Sensory Room is a safe space for our children with SEND to seek sensory experiences, regulate themselves and have their learning needs met with the support of our wonderful team. We are lucky to have such an inclusive area within the school!

**Miss Tunstall**



# Spring Menu



Salad bar and bread are available daily

## WHITCHURCH PRIMARY MENU

	WEEK ONE 08/01, 29/01, 26/02, 18/03	WEEK TWO 15/01, 05/02, 04/03, 25/03	WEEK THREE 22/01, 19/02, 11/03
<b>MONDAY</b> MAINS	Cheese & Tomato Pizza, Herby Diced Potatoes & Sweetcorn Cheese & Tomato Pizza, Herby Diced Potatoes & Sweetcorn (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Fruity Mousse	Macaroni Cheese, Garlic Bread & Garden Peas Macaroni Cheese, Garlic Bread & Garden Peas (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Carrot Cookie	Vegetable Curry, Pilau Rice, Naan Bread & Peas (V) Cheese Sub, Herby Diced Potatoes & Peas (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Flapjack
DESSERT			
<b>TUESDAY</b> MAINS	Minced Beef & Onion Pie (H), Mashed Potatoes & Broccoli Cheese & Onion Lattice, Mashed Potatoes & Broccoli (V) Spicy Tomato Pasta with Side Salad (Ve) Fruit Tuesday	Tandoori Chicken Shwarma (H), Diced Potatoes & Sweetcorn Vegetable Nuggets, Diced Potatoes & Sweetcorn (V) Neapolitan Pasta with Side Salad (Ve) Fruit Tuesday	Chicken Tikka Burrito Stack (H), Potato Wedges & Side Salad Falafel Wrap, Potato Wedges & Side Salad (V) Spicy Tomato Pasta with Side Salad (Ve) Fruit Tuesday
DESSERT			
<b>WEDNESDAY</b> MAINS	Chicken Sausage Toad in the Hole(H), Roast Potatoes, Sliced Carrots & Cabbage Vegetarian Toad in the Hole, Roast Potatoes, Sliced Carrots & Cabbage (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Apple Crumble Cake	Roast Turkey (H), Roast Potatoes, Sliced Carrots & Broccoli Cauliflower Cheese Bake, Roast Potatoes, Sliced Carrots & Broccoli (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Jam & Coconut Sponge	Chicken Sausage (H), Mashed Potatoes, Yorkshire Pudding, Sliced Carrots & Green Beans Vegetarian Cottage Pie, Sliced Carrots & Green Beans (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Jelly & Fruit
DESSERT			
<b>THURSDAY</b> MAINS	Turkey Bolognese (H) with Spaghetti & Sweetcorn Vegetarian Bolognese with Spaghetti & Sweetcorn (V) Veggie Wrap with Tomato Topping & Side Salad (Ve) Melting Moment Cookie	Beef Lasagne (H), Garlic Bread & Peas Vegetarian Lasagne, Garlic Bread & Peas (V) Veggie Wrap with Tomato Topping & Side Salad (Ve) Cherry Triangle Biscuit	Cajun Chicken (H) & Sweetcorn Pizza, Diced Potatoes & Peas Vegetable Pizza, Diced Potatoes & Peas (V) Veggie Wrap with Tomato Topping & Side Salad (Ve) Orange Drizzle Cake
DESSERT			
<b>FRIDAY</b> MAINS	Fish Fillet with Chips & Mushy Peas Vegetable Burger, Chips & Mushy Peas (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Pear & Chocolate Sponge & Custard	Fish Fingers, Chips & Baked Beans Vegetarian Sausage Roll with Chips & Baked Beans (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Toffee Apple Sponge & Custard	Fish Cake, Chips & Baked Beans Cheese & Sweetcorn Omelette, Chips & Baked Beans (V) Baked Beans (Ve) Cheese or Tuna Mayo Jacket Potato with Side Salad Raspberry Oat Slice & Custard
DESSERT			

Allergen Information: Menu descriptions may not list every individual ingredient. We are aware of the presence of allergens requiring labelling, so please ask a member of the catering team should you require any more details. Vegetarian options are indicated by the symbol (V).

COOMBS  
CATERING PARTNERSHIP





## Useful Contacts

Headteacher (Mr J Pine)

[head@whitchurchps.co.uk](mailto:head@whitchurchps.co.uk)

Deputy Headteacher (Mr M Thompson-Lawrie)

[deputy@whitchurchps.co.uk](mailto:deputy@whitchurchps.co.uk)

Assistant Headteacher for Inclusion  
(Mrs D Qudsiyeh)

[sendco@whitchurchps.co.uk](mailto:sendco@whitchurchps.co.uk)

Assistant Headteacher for Early Years  
(Miss N Ward)

[nward@whitchurchps.co.uk](mailto:nward@whitchurchps.co.uk)

Assistant Headteacher for Years 1, 2 & 3  
(Miss G Harris)

[gharris@whitchurchps.co.uk](mailto:gharris@whitchurchps.co.uk)

Assistant Headteacher for Years 4, 5 & 6  
(Mrs K Portou)

[kportou@whitchurchps.co.uk](mailto:kportou@whitchurchps.co.uk)

Year 1 Leader (Mrs S Tezel)

[stezel@whitchurchprimary.harrow.sch.uk](mailto:stezel@whitchurchprimary.harrow.sch.uk)

Year 2 Leader (Miss G Harris)

[gharris@whitchurchps.co.uk](mailto:gharris@whitchurchps.co.uk)

Year 3 Leader (Miss N Lakhani)

[nlakhani@whitchurchprimary.harrow.sch.uk](mailto:nlakhani@whitchurchprimary.harrow.sch.uk)

Year 4 Leader (Mrs B Solanki)

[bsolanki@whitchurchprimary.harrow.sch.uk](mailto:bsolanki@whitchurchprimary.harrow.sch.uk)

Year 5 Leader (Mrs K Portou)

[kportou@whitchurchps.co.uk](mailto:kportou@whitchurchps.co.uk)

Year 6 Leader (Miss H Hogberg)

[hhogberg@whitchurchprimary.harrow.sch.uk](mailto:hhogberg@whitchurchprimary.harrow.sch.uk)

Our email addresses are in the process of being updated

If you have any general or learning related enquiries, please speak to the class teacher

If you have concerns about your child's safety or behaviour, please contact a member of our leadership team

Family Liaison (Mrs N Chikhlia)

[nchikhlia@whitchurchprimary.harrow.sch.uk](mailto:nchikhlia@whitchurchprimary.harrow.sch.uk)

Director of Music (Mrs E Leutfeld)

[eleutfeld@whitchurchprimary.harrow.sch.uk](mailto:eleutfeld@whitchurchprimary.harrow.sch.uk)

Music Department

[music@whitchurchprimary.harrow.sch.uk](mailto:music@whitchurchprimary.harrow.sch.uk)

Friends of Whitchurch

[FoW@whitchurchprimary.harrow.sch.uk](mailto:FoW@whitchurchprimary.harrow.sch.uk)

Childcare (Early Birds and Night Owls)

[childcare@whitchurchprimary.harrow.sch.uk](mailto:childcare@whitchurchprimary.harrow.sch.uk)

tel: 07904 428 226

### School Office

Tel: 020 8951 5380

[office@whitchurchprimary.harrow.sch.uk](mailto:office@whitchurchprimary.harrow.sch.uk)



## School Term Dates 2023-2024

### Spring Term 2024

Spring 1st Monday 8 January to Thursday 8 February  
Half Term Monday 12 February to Friday 16 February  
Spring 2nd Monday 19 February to Thursday 28 March

Staff Training Days Friday 9 February (no children in school)

### Summer Term 2024

Summer 1st Monday 15 April to Friday 24 May  
Half Term Monday 27 May to Friday 31 May  
Summer 2nd Tuesday 4 June to Wednesday 24 July

Staff Training Days Monday 3 June (no children in school)

Bank Holiday Monday 6th May

Holidays during term time are **not** permitted

Term dates are posted on the school website



2024-2025 Term Dates can be viewed on the school website  
[www.whitchurchprimary.harrow.sch.uk/page/term-dates](http://www.whitchurchprimary.harrow.sch.uk/page/term-dates)

# 10 Top Tips for Parents and Educators

## DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College®

X @wake\_up\_weds

f /www.thenationalcollege

ig @wake.up.wednesday

yt @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.03.2024