

POOR SLEEP:

- Prone to illness.
- Poor concentration.
- Poor muscle/bone development.
- Behaviour problems.
- Impairs learning.



GOOD SLEEP:

- Healthy bodies.
- Alert and concentrating.
- Relaxed and co-operative.
- Healthy minds.
- Boosts memory.



Why is sleep so important for our children?

There is no doubt that sometimes bedtimes can be a tricky issue, but a good bedtime routine which settles children down for a good night sleep can make all the difference to a child's learning and well-being. Somehow, children seem to find ways to avoid bedtime and sleep. At times, it might feel like it's not worth the battle but...

Experts studying the effect of poor sleep in children have discovered that **children with less sleep than the recommended amount for their age, are more prone to illness, challenging behaviour and lack of concentration in class.** This means that children who don't get the right amount of good sleep, with the right routines in place, could miss out on learning experiences because they are simply too tired to listen and take part properly.

Bedtime Book!

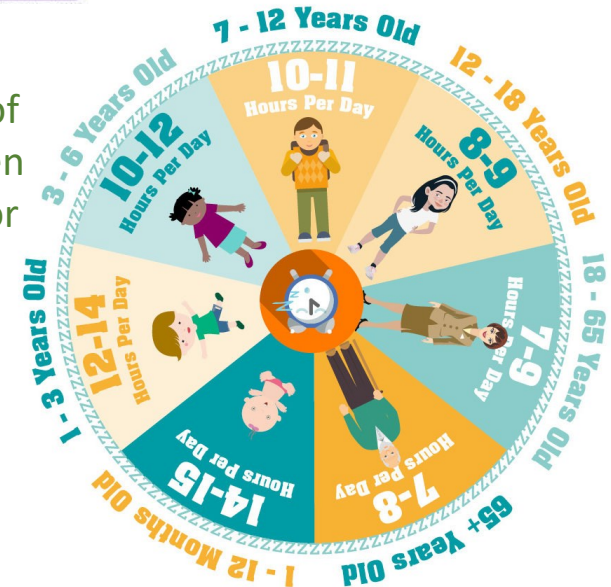
Reading Matters!

HERE'S THE IMPACT OF
**READING 20
MINUTES PER DAY!**

A student who reads	A student who reads	A student who reads
20:00	5:00	1:00
minutes per day	minutes per day	minute per day
will be exposed to 1.8 MILLION words per year and scores in 90th PERCENTILE on standardized tests	will be exposed to 282,000 words per year and scores in 50th PERCENTILE on standardized tests	will be exposed to 8,000 words per year and scores in 10th PERCENTILE on standardized tests

Reading in bed will mean that children are calming down and learning at the same time - so this is such an important part of the routine! With this in mind the challenge includes reading as part of the nightly routine. 20-30 minutes for children in years 3-6 and 10-20 minutes for years R-2

This wheel shows the recommended amount of sleep. Anywhere between 10-12 hours is needed for primary aged children.



Make bedtimes a tech free zone!

Good Night, Sleep Tight: The Challenge

Name _____

Class _____



The Challenge: Have a healthy bedtime routine. You must go to bed at the bedtime that your adult tells you! Every night for the next four weeks you need to write how long you read for and what time you went to bed! To show that you've completed the challenge, your parent or guardian must sign at the end of the week. Remember practice makes permanent so practicing this for 4 weeks will help you to set good habits. Return the Challenges on Monday the 5th February.

All entries will receive 5 house points and a certificate. Entries will be placed in to a draw. Two boys and two girls will be selected from all returned challenges and will receive their prizes at the end of term. Winners will be announced on the school newsletter. **But the real win is that you will be a happier, healthier person for having enough sleep :)**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		Parent/Guardian to sign below:
Week 1	I read for:	Bedtime:	I read for:	Bedtime:	I read for:	Bedtime:	I read for:	Bedtime:	I read for:	Bedtime:	
Week 2	I read for:	Bedtime:	I read for:	Bedtime:	I read for:	Bedtime:	I read for:	Bedtime:	I read for:	Bedtime:	
Week 3	I read for:	Bedtime:	I read for:	Bedtime:	I read for:	Bedtime:	I read for:	Bedtime:	I read for:	Bedtime:	
Week 4	I read for:	Bedtime:	I read for:	Bedtime:	I read for:	Bedtime:	I read for:	Bedtime:	I read for:	Bedtime:	

ANY OTHER COMMENTS?