Stillness Junior School
Safeguarding News

Issue 3 – Summer Term 2020-21

Welcome to Issue 3 of our Safeguarding Newsletter. 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 a member of our school's safeguarding team, details of which are available from the school office or the headteacher's PA on kim@stillnessjs.lewisham.sch.uk

Please visit our school website for further safeguarding information

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What is Safeguarding: Safeguarding is everyone's responsibility, every day

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, please 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 in 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. Do not 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?

Children's internet use has reached record highs, 5-15 year olds spend 15 hours a week online.

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

Avoid Screens in the bedroom

Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep. Older children may also stay up late or even wake in the middle of the night to use social media. Try to keep your child's bedroom a screen-free zone, and get them to charge their phones in another room.

Encourage your child to stop using screens an hour before bedtime.

Your child's bedroom

Your child's bedroom should ideally be dark, quiet and tidy. It should be well ventilated and kept at a temperature of about 18 to 24 degrees. If you can, fit some thick curtains to block out any daylight.

The Sleep Cycle

Stage 1: During this time, our eyes and muscles are active but much slower than when we are awake. Our heart rate and breathing also slows down but we can be aware of noises around us and are easily woken from this stage. Dreaming is very rare but sometimes our muscles will contract and we get the feeling of falling!

Stage 2: Our eyes stop moving, our body temperature gets lower and our brain waves and heart rate slow down further. We are unaware of sounds around us and our brains start to process information we have gathered throughout the day. This tends to be the longest part of our cycle – over 45% of our total sleep time.

Stage 3: Our slow brain waves (which are called delta waves) are interrupted with little bursts of faster waves. This is you in a deep sleep. However, this is also the stage when some people can talk in their sleep or even sleep walk! This is rare but will usually happen when our cycle moves form non-REM to REM sleep.

Stage 4: We are now in a deep sleep with our brain waves mostly staying slow. At this point, our heart rate and body temperature are at their lowest points. If you are woken during stage 4, you can feel a little confused for a couple of minutes.

Stage 5: During REM sleep, our brain waves look the same as when we are awake, as to our temperature, heart rate and breathing rate, which all rise during REM. Our eyes move very quickly from side-to-side but stay closed. This is when we have most of our dreams. As we get older, we spend less time in this stage, for example, babies may spend 80% of their total sleep in REM whereas an adult spends around 25%.

Here are some ways in which you can build chill out time into your regular routine

- Make "down time" a rule for everyone in the house
- Encourage good use of "down time" by making new books available to read, introducing a new style of music to listen to or helping your child to learn a craft.
- Don't over fill your child's week with organised clubs and activities.
- Encourage good time-management techniques. Younger children can be shown how to learn a couple of spellings a night rather than leaving them all to the last minute. Older children can learn to pack their bags the night before school or make a "to do" list.
- Try to eat together as a family as often as possible and ban phones and other devices from the table. Family meal time is a great time to talk and reflect on the day and share ideas.
- Plan regular family activities such as a bike ride, movie night or trip to the local park.
- Play board games or card games together. Teach your child the games you knew as a youngster and let them teach you their favourites.
- Prioritise sleep. Younger children in particular benefit from a regular bedtime routine. Make late nights an exceptional treat, even at weekends.
- Regularly review your child's workload, to include school work, socialising time, clubs, sports and activities. Make sure that you continue to be able to achieve a daily spell of "down time". As they get older, include them in this.
- Let your child see you following "down time" rules too. Teach them that stress is a fact of life for everyone and that what matters is being able to manage it effectively.

Studies have shown that kids who regularly get an adequate amount of **sleep** have improved attention, behaviour, learning, memory, and overall mental and physical health.