

The Feel Better Newsletter



Dear Parents, Staff and Iwer Village Community,

We continue to be committed to supporting children with their wellbeing and mental health. We know that mental and physical health are vital to successful learning.

This half-term we are focusing on the importance of sleep as the Irish proverb notes 'A good laugh and a long sleep are the two best cures for anything'.

Mrs Sarah Chapman-Allen

Quote:

"We are not healthy unless our sleep is healthy, and we cannot make our sleep healthy unless we become thoroughly aware of both its peril and its promise."

Dr. William C. Dement



The Healing Power of Sleep

Good sleep is fundamental to good mental health. A good night's sleep is about getting to sleep, staying asleep and getting enough good quality, deep sleep.

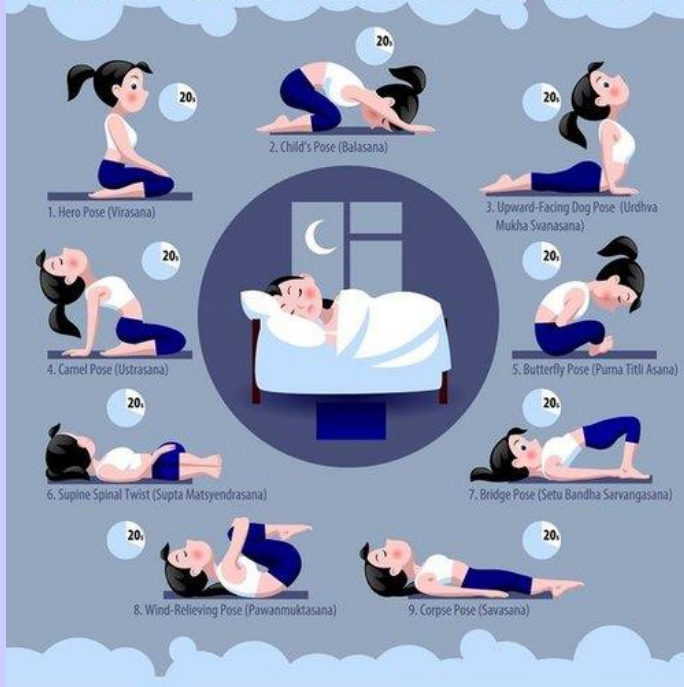
Having enough good-quality sleep is a key, and often underestimated, protective factor for children. Sleep helps to regenerate their brains and bodies, process information and memories, boost immunity, guard against stress, and help concentration, learning and behaviour.

How to support positive sleep for your child:

- Having a regular time to go to sleep and wake up
- Having a predictable and consistent night-time routine
- Make sure they get enough exercise during the day
- Turning off computer screens or other devices at least an hour before bedtime. (Blue light from TVs, tablets and mobiles excite the brain and interfere with the sleep hormone levels, preventing the brain from feeling sleepy)
- Having low lighting and a quite space



YOGA POSES FOR BETTER SLEEP



If you need help...



Family Information Service (help with finances, wellbeing, housing)

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/parent.page?parentchannel=32>

Restore Hope - 01494 765555

MIND - 01296 43732

Chiltern Foodbanks - 0808 2082138

Employment Support - 01494 463364 EXT 2

Safe Haven Crisis support - 01494 218098

Don't forget we are also here to help.

Key Dates:

Nutrition and Hydration Week - WB 14.03.22

World Sleep Day - Friday 18th March

International Day of Happiness Sunday 20th March



Don't forget... **Action for Happiness Calendar: Mindful March**

'Mindfulness isn't difficult. We just need to remember to do it' Sharon Salzberg

