

Resilience
Empathy
Self-Awareness
Positivity
Excellence
Communication
Teamwork



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7th January 2025

Dear Parents & Carers

We will be running a parent workshop on **Tuesday 14th January** from **9.15am - 10.15am** for **A Parent's Guide to Sleep Hygiene**. The workshop will be delivered by our colleagues from the Be You Team, which is part of NHS Northumberland.

The aim of this workshop is to provide you with information in the importance of good bedtime routines and the impact it can have on mental health. This workshop will also be delivered to the children from reception through to year 6 in their classrooms, later that week.

If you would like to reserve a place on the workshop, you can either complete the slip below or speak to myself for more information. Places are limited so please ensure you book on as soon as possible. This is a great opportunity for the school to support parents and carers with concerns that are often raised with teaching staff and we hope that it will be of benefit to those that would like to attend.

Reminders will go out to interested parents or carers by text nearer the time.

Refreshments will be available after you have dropped your child off.

A handwritten signature in black ink that reads 'Marie Archer'.

Marie Archer
Behaviour/Pastoral Support

I would like to attend the SLEEP HYGIENE workshop on Tuesday January 14th 2025

Child's name:

Class.....

Parent's/carer's name.....

Please return this slip by Friday 10th January 2025

