

Stanhope Barrington C of E  
Primary School



Westcroft  
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Head Teacher: Mrs D Cross

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Dear Parent/Carer

20<sup>th</sup> March 2023

**Re: Sleep Day at Stanhope**

On Friday 24<sup>th</sup> March 2023, we are having a Sleep Day in school to celebrate and raise awareness of how important sleep is to our mental health and well-being.

The children can come into school wearing appropriate pyjamas, dressing gowns and slippers and can also bring in a small teddy bear or cuddly comforter.

Each Learning Zone will be taking part in relaxing activities throughout the day and the children will be learning about the need for sleep and the impact it has on our minds and bodies.

The Sleep Charity ([thesleepcharity.org.uk](http://thesleepcharity.org.uk)) recommend that as a general guide, children aged between 3 years and 12 years old should get 10-12 hours of sleep each night. Obviously, this is a general guide and every child is individual. However, more information for parents regarding night time routines and the impact sleep deprivation can have on children's ability to reach their potential is available on The Sleep Charity website. There is also a National Sleep Helpline available for parents: 03303 530541.

There is no cost for taking part in Sleep Day at Stanhope which has been organised by our Well-being Ambassadors (adults) and our Happiness Heroes (pupil voice group).

Yours sincerely

*Mrs D Cross*

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Head Teacher

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