



Weekly Learning Summary

Believe! You Will Achieve

Dates for your Diary – More Confirmed Next Week	
Aug	
Sept	In service days 12, 13 th Open afternoon TBC 19 th - sleep workshop 7.30pm – 8.30pm Use this googlemeet code 26 th , 27 th , 28 th harvest thanksgiving sessions for P5-7 at Smithton Free Church
Oct	Teacher-Parent contact – in person! Having to change dates due to council setting staff meetings on the dates we had set aside – will get new dates ASAP 7 th Walk in the Woods

Sleep. Are you aware how important sleep is for brain functioning? As parents we end up sleep deprived and then we get frustrated when our children won't settle for the night...and then they take forever to wake up and then there's arguments...

What's really clear is that we need to stick to our routines as both adults and young people to ensure that the different parts of the brain can work effectively allowing us to recall memories, recall learning and regulate our emotions. [This five minute video may help to explain things a bit clearer](#) and if, like me, you have to force yourself or your child to get into a fixed bedtime routine to first help you relax and then get into sleep, there are certain things you can do. I'm sure you know the classics, and they're classics for a reason – they work – but you need to keep doing them rather than try once and it doesn't work.

- Exercise and fresh air during the day
- Drink water and not sugary or additive based sugar free drinks
- Bedtime routine same order (no electronic devices for an hour before bed, wash, toothbrushing, walking the dog, etc in the same order each night)
- Tidy bedroom
- Reading, lying in peace and quiet and letting your thoughts process your day while concentrating on your breathing

The benefits for your child are huge. With a good night's sleep learning is embedded, emotions are steady and your child will be settled and in a good place to be resilient when things crop up. We will be having a workshop for parents and the school nurse can also help. (Email me to get her details.) In the meantime [this is a good wee video](#) . Sleep routines don't just happen – they are hard work but well worth it for you and your child going forward. Please do pop on the googlemeet 19th September if you are having trouble or if you have good tips to share. I'm determined to get to bed earlier this week....

Have a good week,

Aileen Mackay 29th August 2022