



## Well-Being Bulletin – May 2020

Hello again from everybody at Team Westgate. We hope you enjoyed our video on the Westgate Academy Facebook page. Did you spot your Teacher and Teaching Assistant? Stay in touch with us via the Facebook page and get involved in the daily challenges. #westgatetogether #teamwestgate



### My big top tip. Did you know?

Getting enough sleep helps you stay healthy and feeling good. A good night's sleep will help you...

- Remember what you learned in the day.
- Give you more energy for sport and playing.
- Help your body fight germs and illness better.
- Help you pay attention and focus.
- Make you feel more positive.

### TIPS TO HELP YOU GET A GOOD NIGHT'S SLEEP

#### DO:

- Sleep 10/11 hours (ages 5-12 every night.).
- Go to bed at the same time every night.
- Follow a bedtime routine by doing the same relaxing activities every night before bed- like reading or listening to calm music.
- Exercise during the day
- Have a light snack (not high in carbs) or a warm glass of milk before bed if you are hungry.
- Keep your bedroom cool, dark and quiet.



Are you the parent of a child aged 1 year or over with sleep issues?

Would you like to speak with an experienced Sleep Practitioner about those issues?

The Sleep Charity are pleased to announce

**FREE**

**1-2-1 Sleep Clinic Appointments**

Due to the COVID-19 Our Face to face clinics are on hold, however we are keen to support families however we can, we are offering appointments over the telephone mostly but are happy to use video calls too.

To find out more or to book an appointment please contact: -

Claire 07568 052300 or preferably email

[claire@thesleepcharity.org.uk](mailto:claire@thesleepcharity.org.uk)

Families must reside within the Lincolnshire boundary

Follow us on Facebook The Sleep Charity-Lincolnshire project

## DON'T:

- Stay up late
- Go to bed at different times each night.
- Have computers, or play video games in bed as this can disturb your sleep.
- Exercise too close to bedtime.
- Don't have bright lights on or loud music.
- Have high sugar snacks or fizzy drinks close to bedtime.



### Why not create your own 'Looking Forward to Jar?'

Having things to look forward to can make you feel happier and improve your wellbeing. Each time you think of something you would like to do in the future when this is all over, write it on a piece of paper and place it inside your decorated jar.



#### You will need:

- An old jar
  - Coloured paper
  - Scissors
  - Stickers or decorations
  - Sticky label or strip of paper
  - Glue
- Decorate your jar with paint, stickers or labels. Write activities on little strips of paper and fill your jar.



Alternatively, you could ask you child to fill the jar with activities of their choice. Pick 1-3 out

### Parents Corner - remember.....

- Take time out for yourselves.
- Take a bath or shower and close the door.
- Do something for you.
- Don't get too overwhelmed by pressures of Home Learning and keeping your children happy and active. **REACH OUT TO YOUR CHILD'S TEACHER IF YOU NEED SUPPORT OR CONTACT OTHER PARENTS.**

### Important Notes

Remember your children can email their teachers directly via Purple Mash and email other children in their class. You can contact [natalie.fox@westgate.lincs.sch.uk](mailto:natalie.fox@westgate.lincs.sch.uk) for any well-being concerns or support.



**Stay Safe**