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## School Closed

A reminder to all our families that the school is closed next week on Friday 17 March, for an Ark network moderation day. The school will be open as normal on Monday 20 March. Please collect a term dates card or calendar from the office for all future school closures and holiday dates.

## Is your child getting enough sleep?



You may have seen that there is concerning data about how many hours children sleep in the news this week. In the UK, hospital attendances in England for children under 14 with sleep disorders have tripled in 10 years, according

to NHS data analysed by BBC Panorama. Ten times more prescriptions of common sleep medication melatonin have also been written for children and adults under 55 over the same period. Poor sleep in children is now linked to a greater risk of obesity, lower immunity, and mental health issues. It is also linked to lack of emotional control and poor school performance. It is particularly worrying that the worst area for sleep disorders is West London as illustrated below.

### Worst areas for child sleep disorders

Number of admissions for 0 to 14-year-olds with a primary diagnosis of sleep disorder in 2014-16, per NHS CCG area



Source: NHS Digital



In our first home learning workshops in October, we asked you to answer the following questions and offered advice on how to change home routines. Very few families were able to answer YES to all 6 questions. When we reviewed progress in the second cycle of workshops, many more families were

My child goes to bed at the same time every night.
My child falls asleep by themselves in their own bed.
My child falls asleep within 20 minutes.
My child sleeps the right amount.
My child sleeps about the same amount each day.
My child wakes up by him/herself.

confidently showing improvements in home routines and talking about the positive changes they saw in their children. However, we believe a significant group of pupils in our school is still not getting enough sleep and it is affecting their ability to perform at their best throughout the school day.

Remember that the blue light emitted by smartphones and tablets is known to reduce the natural production of melatonin, the hormone that makes us feel sleepy, so avoid children using these in the hour before bedtime. Fizzy drinks high in sugar and caffeine make it harder for children to switch off at night. Children should eat a snack like a banana and a cup of milk before bedtime if they are hungry but avoid eating a main meal late in the evening. In the hour before bedtime work hard to make your home quiet by turning off the TVs and radios and turning down the lights. If you have older children, encourage them to wear headphones or take part in quiet activity.

Age	Hours and minutes
3 years	11 hours 30 minutes to 12 hours
4 years	11 hours 30 minutes
5 years	11 hours
6 years	10 hours 45 minutes
7 years	10 hours 30 minutes
8 years	10 hours 15 minutes
9 years	10 hours
10 years	9 hours 45 minutes
11 years	9 hours 30 minutes

Here is a guide to the approximate number of hours of sleep you should aim for based on age, as recommended by the Millpond Children's Sleep Clinic, however if your child still does not wake up by themselves then this means they need more sleep so their bed time should be even earlier. Please review your progress on the questions above and if you would like further support, please make an appointment with Agatina Marchese or Katy England.

