



# SLEEP & MINDFULNESS

## Newsletter

MARCH 2025

### THE IMPORTANCE OF SLEEP

Sleep is an essential function, it allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Good sleep improves your brain performance, mood and overall health. Sleep is as important as a balanced diet, regular exercise and even breathing!



### Did you know? ..zzzz

Children 6 to 12 years need 9 to 12 hours sleep  
Teenagers 13 to 18 years need 8 to 10 hours sleep

Source NHS Foundation Trust

### COMMON SLEEP PROBLEMS

- Fear/Anxiety
- Night Time Wetting
- Sensory Issues
- Self-Settling
- Changes in routine
- Feeling hungry or thirsty
- Discomfort

*The Sleep Charity have more information on common sleep problems in children. [Click here](#)*



### TIPS FOR A GREAT NIGHT'S SLEEP!

- A consistent bedtime routine is important as it teaches your child what to expect in the time leading up to bedtime.
- All electronic devices should be turned off at least one hour before bedtime this includes T.V, computers, games consoles and mobile phones.
- Help them to become involved in a quiet, relaxing activity such as colouring/drawing or building a jigsaw in the lead up to bedtime.
- Baths are helpful but only if your child finds them relaxing. Ideally a bath should take place at least 30 minutes before bedtime.
- The bedtime routine should last about 20- 30 minutes and have an end-point which your child will know means it is time to go to sleep, such as turning out the light and saying goodnight and leaving the room. Source: The Sleep Charity



*The Sleep Charity has lots more tips & advice on bedtime routines, visit the website here!*

# Mindfulness

Mindfulness is important for children for several reasons, as it can have a positive impact on their emotional, mental, and physical well-being.

Mindfulness helps children become more aware of their emotions and how to manage them. It teaches them to pause, recognise what they're feeling, and respond in a calm and controlled way, rather than reacting impulsively.

Children can experience stress, even at a young age. Mindfulness techniques, like deep breathing or focusing on the present moment, can reduce anxiety and help children feel more grounded and calm.

Practicing mindfulness helps children improve their concentration by training them to focus on one thing at a time, which can enhance their learning and academic performance.



## Advice & Support

There are a number of services and organisations that can offer advice, support and guidance on all areas of mindfulness for children and young people. Click on the logos to head straight to their websites!



**YOUNG MINDS**



Changing childhoods  
Changing lives.

## Key Dates

- INTERNATIONAL WOMEN'S DAY - 8TH MARCH
- WORLD SLEEP DAY - 14TH MARCH
- NUTRITION & HYDRATION WEEK - 17-23RD MARCH
- WORLD ORAL HEALTH DAY - 20TH MARCH

## 5 ways to Wellbeing



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR HOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

Find out more here!



LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity  
Supporting South Leicestershire Schools to provide opportunities for all young people



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# South Leicestershire Community Board



World Oral Health Day  
20 March

World Oral Health Day promotes global awareness of oral hygiene and dental health. For more support and information on how to keep your children's teeth healthy, click [here](#).

**South Leicester Youth Hockey**

GROWING YOUTH PARTICIPATION IN HOCKEY

**JOIN US:**

- AGES 9-12YRS
- 9.30-11.30AM
- SUNDAYS
- LEICESTER GRAMMAR SCHOOL

**REGISTER NOW**

£70 PER TERM (11 WEEKS)  
EMAIL INFO@SLY.HOCKEY OR VISIT OUR WEBSITE

**AMBASSADORS:**

**DAVID CONDON, GREAT BRITAIN AND ENGLAND**  
"I'm really excited to see South Leicester re-established. I started playing there as a junior and cannot wait to visit, coach and support the club!"

**KERRY WILLIAMS, GREAT BRITAIN AND ENGLAND**  
"Incredible that South Leicester is back up and running. I am keen to do all that's within my gift to support bringing hockey to as many young people as possible!"

**ROHAN BHUI, GREAT BRITAIN AND ENGLAND**  
"It's brilliant that juniors in Leicestershire will benefit from the high quality coaching I enjoyed as a junior. I look forward to joining in to help this exciting programme!"

OUR WEBSITE: SLY.HOCKEY

GOING FORWARDS clubmark ENGLAND HOCKEY



## Move It March



"Move It March" is running across our South Leicestershire schools, with the aim of encouraging children to become more physically active and increase the number of children achieving the recommended guidelines of at least 60 minutes of exercise every day. Being physically active has many benefits for your child; it helps keep them fit and healthy, can increase concentration levels in class, can support mental wellbeing and promotes healthy lifelong behaviours. The programme runs until Monday 31st March.



## Leicester, Leicestershire and Rutland

To find information on walk-in vaccinations for flu, COVID, RSV, MMR, and pertussis (whooping cough) click [here](#)!

