

This term our learners in KS3/4 have been focussing on careers and wellbeing in their Learning for Life sessions whilst our KS5 learners have also had input on careers as well as looking forward to Oxbridge applications (Year 12). Our lower college has welcomed speakers from CGL who delivered an informative session on the hidden dangers of vaping whilst Year 13 have looked at sexual health as well as careers and how to make decisions regarding firm and insurance offers for university.

Friday 15 March is not only Comic Relief Day but it is also [World Sleep Day](#). Over the course of the week, we will be sharing hints and tips on our [DigiBriefing](#) padlet to support our learners. For young people, low-quality sleep can become a serious issue. There have been suggestions that poor sleep can have a significant impact on a child's brain development, affecting them for the rest of their lives. Having a healthy, and consistent, sleeping pattern is therefore incredibly important not only for a young person's wellbeing but also for us as adults.

For all of us the brain is busy when we sleep, this is even more so for teenagers as whilst sleeping, young people's growth hormones are released. Memory is consolidated and stored and brain cells are repaired and cleaned up. Social and emotional abilities are stored. The recommended number of hours of sleep for teenagers is between 8-10 hours. The UK average is 6.5-7 hours and 20% are getting even less. ([Health Behaviour in Children Report](#))

We know that there are numerous distractions. The National College has produced an informative poster giving their ten top tips for developing healthy sleep patterns. We will be sharing this with learners and discuss with them how to make some healthy changes to sleep routines including: _

- Scheduling time to wind down before sleep
- Taking a relaxing bath or shower
- Turning off digital devices
- Creating a relaxing bedroom environment
- Lowering the lights
- Putting on mood music or white noise
- Building some calm and focus exercises into the routine
- Reading something that relaxes you
- Having a hot drink, but avoiding caffeine and sweet drinks

You can find further sources of support here. However, please do contact the relevant Head of Year in the first instance should you have any concerns.

[Home - Teen Sleep Hub](#), [Sleep Problems | Mental Health Support | YoungMinds](#), [Sleeping - The Mix](#), [How to sleep better | Mental Health Foundation](#)

