

LHS Community well being newsletter

Longhill High School

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Edition 10, Volume 1



Sleep! Is your child getting healthy sleep?

School closure during Corona lockdown

This week the Year 10s have been doing lessons in small groups of 12 with all the necessary social distancing in place and new systems to make it easy for students to be in school whilst keeping safe. Many students are telling us that their sleep patterns are “all over the place” and so we would like to look more closely at ‘Sleep’ in this edition of our well being newsletter.

One way or another, lockdown is disrupting our teenagers’ sleep, and we’re not quite sure what to do about it. One parent told her 15-year-old he must get up earlier than 4pm. He replied, “Why?”

Fair question. It’s hard to justify the rule, “You must be up by 9am because – nothing!” Our teens have experienced trauma. The abrupt curtailment of freedoms, physical isolation from friends,

uncertainty over their future, real fear for the health of loved ones, ceaseless horror on the news. That’s exhausting....

There is a (lazy) stereotype that teenagers are just... lazy. In reality, their bodies – and brains – need a lot of sleep.

Changes during puberty mean teenagers’ body clocks are different to that of younger children and adults, setting them up to be more alert later in the day. This helps explain why they are often so tired and grumpy in the morning, as the day starts at a time when their bodies should still be sleeping.

Teenagers should get around 9 hours sleep every night. Unfortunately, today’s young people get around 7.5 hours on average, many even less!

Daily well being activities

Task 1

Watch this clip on how to get a healthy sleep’s night

[HERE](#)



Task 2

Your task is to **create a close up photo quiz.**

Using a device of your choice, take a close up photo of an object and see if your friends can identify it...



24/7 access to screens and social media may be having a harmful impact on our teenagers' sleep. This will be especially true as children have been staying at home

and relying on screens for socialising.

Some studies have found that not enough, or poor quality of sleep over a long period can cause obesity, stress, hinder

learning and concentration and contribute to mental health issues.

Tips to help your children sleep well

What really helps is a steady routine, even if school or working isn't happening – maintain your usual bedtime routine for your kids, or if you haven't had one before, now is a good time to introduce one.

Find something other than screens, for the couple of hours before bed.

Suggest they have a warm (not hot) bath and maybe a warm drink.

Make their room a calm and peaceful environment (as much as possible). Try to make it a screen-free zone.

Dim the lights.

Encourage them to read or listen to calm music.

Taking a moment to do a gentle breathing exercise, can also help, if sleep is a struggle.

The 4-7-8 breathing exercise

Many sleep experts suggest the 4-7-8 breathing exercise to relax you and help you get to sleep:

Breathe out completely through your mouth, making a whoosh sound

Close your mouth, and breathe in through your nose, while counting to **four** inside your head

Hold your breath, while counting to **seven**

Then breathe out again through your mouth, while counting to **eight**.

Do this four times and it should help you to fall asleep more easily.

Tips for teenagers

As well as the above:

As much as you can, encourage them to avoid high fat, sugary foods and caffeine.

Make sure they take daily exercise and gets some fresh air.

Give them facts – poor sleep can contribute to weight gain and low mood.

[Encourage them to talk](#) about the things that are worrying them. Talking is often the most important way we can support each other to cope through coronavirus

Look [HERE](#) for more advice for healthy sleep for adults



Further support for Parents and Carers is on our website and can be found [HERE](#). If you need support, we are here for you.