



WITTON MIDDLE SCHOOL

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Dear Parents/Carers,

The Importance of Sleep

To highlight the importance of sleep and how it affects learning we are having a pyjama day on Monday 3rd April. Pupils will have the opportunity to wear their PJs to school. We are placing the spotlight on what happens when we go to sleep and how this helps us to learn and retain what we are learning. Pupils who are tired have less focus; it takes them longer to learn and they find it harder to remember what they have learnt. Furthermore, poor sleep can cause memory loss and increase forgetfulness.

Pupils need a proper amount of sleep to grow to their full potential. In school we find that pupils who go to bed later have poorer punctuality and attendance because they struggle to get up in the mornings. Whilst it is hard to know whether your child is getting enough sleep, researchers recommend a regular 9-11 hours. Generally pupils who wake up a short time before their alarm are getting just the right amount of sleep.

Children with electronic devices in their room struggle to get to sleep because the blue light can cause changes in sleep patterns and in turn shift the body's natural clock - known as its circadian rhythm. The blue light 'fools' the body into thinking its daytime, causing wakefulness. It is for this reason that it is recommended that all electronic devices are put away at least 1 hour before bedtime.

Throughout the day there will be opportunities for pupils to consider some of the above issues and understand how getting enough sleep contributes to a healthier lifestyle.

Yours sincerely,

Cath Crossley
Headteacher

Perseverance – Responsibility – Independence – Determination – Empathy

