



10<sup>th</sup> March 2026

Dear Parents and Carers,

### **World Sleep Day Friday 13<sup>th</sup> March**

World Sleep Day takes place on Friday 13<sup>th</sup> March, and with our ongoing commitment to Wellbeing, we wanted to take a moment to highlight the importance of sleep for good mental health and success.

Consistent, quality sleep provides several key benefits that help our students thrive:

- **Improved Memory & Learning:** During sleep, the brain processes the day's lessons, moving information from short-term to long-term memory.
- **Emotional Resilience:** Well-rested students are better equipped to manage stress, regulate their moods, and navigate social challenges.
- **Physical Growth & Recovery:** Sleep is the primary time for the body to repair tissues and release growth hormones.
- **Sharper Focus:** Proper rest significantly increases attention spans and reaction times, which is vital for both classroom safety and academic performance.

More information and support can be found on the following websites:

World Sleep Day <a href="https://worldsleepday.org/">https://worldsleepday.org/</a>	Details of this year's campaign 'Sleep Well, Live Better'
The Sleep Charity <a href="https://thesleepcharity.org.uk/">https://thesleepcharity.org.uk/</a>	Practical advice for teenagers and "Teen Sleep" guides.
Young Minds <a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a>	Understanding the link between sleep and mental health.
Sleep Foundation <a href="https://www.sleepfoundation.org/">https://www.sleepfoundation.org/</a>	In-depth articles on the science of circadian rhythms.

Please encourage your child to try a "Digital Sunset", by turning off smartphones and tablets at least 60 minutes before they go to bed. The blue light emitted by these devices' mimics daylight, tricking the brain into staying awake.

If you have any concerns about your child's sleep habits and how they might be affecting their wellbeing, please contact their Head of House in the first instance.

Yours faithfully

Mr I Smith  
Headteacher

