



## **Sixth Form Newsletter**

**Friday 12 February 2021**

Dear all,

As we reach half term, this is a good opportunity to check how your child feels about the last few weeks overall. From our point of view, attendance and engagement with online learning has been overwhelmingly positive and students tend to use their support strategies well and are good at keeping in touch with us.

Having said that, we don't expect that things will go well all the time and it is normal for children to feel their mood is low sometimes and to lack motivation. It is important for them to recognise when they need to lift their mood, have a break or to change their routine.

### **Sleeping**

One of the most common complaints we hear from our students is that they don't sleep very well. There are various reasons for this but, worrying and a poor routine are by far the most identified reasons. This is an easy complaint to relate to as most of us will have experienced this at one time or another. Worrying perpetuates a vicious circle so, how can you break that?

I have included some information below from Mind Mate which will help but you could ask your child about their routine. We conducted a survey of all students in the Sixth Form and here were their top reasons for having trouble sleeping:



- **Phone use** - social media and YouTube, scrolling through their messages whilst they are in bed.
- **Staying up late** to finish work they are behind with.
- **Worrying** about a variety of things.
- **Not tired** because they are sleeping late in the morning.

It is worth bearing in mind that, due to the current situation, many children have to use their bedrooms as a study area - when they try to go to sleep, they can see essays that need to be written and books they need to read. This can be a huge distraction and a reminder of how much they have to do. Removing as much of this as possible will return their bedroom to a calmer place.



A good sleep routine is something that is within their control and that can be corrected with repeated practice. here are some ideas:

<https://www.mindmate.org.uk/im-a-young-person/top-tips-feeling-good/sleep/>

Half term is a good opportunity for children to get into a better routine and "re set" themselves so talk to your child about theirs.



BBC Sounds have some great podcasts that can help and music to help relaxation.

<https://www.bbc.co.uk/sounds>



### [BBC Sounds - Music. Radio. Podcasts](#)

Listen without limits, with BBC Sounds. Catch the latest music tracks, discover binge-worthy podcasts, or listen to radio shows – all whenever you want.

[www.bbc.co.uk](http://www.bbc.co.uk)

If your child is lying awake feeling worried or anxious, explore the reasons for this. Tackling the cause of the worry is the most obvious strategy but generalised anxiety - worrying about things that might happen - requires some mindfulness training. Meditation is a great way to control negative thought patterns and can be done for a few minutes at any time of day, not just at bedtime.

Mind Mate also has advice and ideas for parents of children who are worried, anxious, sad etc.

<https://www.mindmate.org.uk/im-a-parent-or-carer/>

Take care and thank you for your support.