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Dear Parents/Carers,

**Workshops on “Sleep” 11<sup>th</sup> and 18<sup>th</sup> May 2021**

We will be running a number of workshops on understanding the importance of sleep for children. Research has shown that insufficient sleep in children can negatively impact on: cognitive development, academic performance, memory, emotional difficulties, behaviour and many other areas of development.

The sleep workshops for parents, carers or family members will be run by our Educational Psychologist, Dr Sylvie Furlong. Sylvie wrote her doctoral thesis on child sleep difficulties and runs sleep workshops and training around Kent. The workshops will cover the psychology of sleep and the ways child sleep can be impacted and improved, sleep strategies and approaches to supporting your child’s sleep, reasons behind sleep difficulties and will give you the chance to share thoughts and ideas with Sylvie and other parents/carers.

Sylvie’s research identified that there is often confusion regarding sleep duration recommendations for children amongst professionals and parents. Therefore, we have included a chart with the NHS sleep recommendations below:

Age	NHS sleep recommendation
3 years	Daytime: 0-45 minutes Nighttime: 11 hours 30 minutes
4 years	11 hours 30 minutes
5 years	11 hours
6 years	10 hours 45 minutes
7 years	10 hours 45 minutes
8 years	10 hours 15 minutes
9 years	10 hours
10 years	9 hours 45 minutes
11 years	9 hours 30 minutes

We hope that our sleep workshops will increase staff, parent and pupil understanding of sleep and to ultimately support the wellbeing of our school community. The workshops will be delivered via Microsoft Teams on the above date from 10.00am – 11.30am. Please email [office@templegrove.com](mailto:office@templegrove.com) if you would like a Teams invitation to the workshops.

Yours faithfully,



Inclusion Leader / Acting Deputy Headteacher