

WOW



Working On Wellbeing

LET'S TALK ABOUT SLEEP



We all need to sleep and it's an important part of our lives. But many of us have problems with it. These problems can affect you more as a young person, for lots of reasons.

Struggling with sleep can feel difficult to cope with. It can affect your mental health and wellbeing. But you're not alone and there are things you can do to make it easier.

How is sleep linked to my mental health?

There is a close relationship between sleep and mental health. If you're struggling with your mental health, this can affect how well you sleep.

For example, if you're feeling anxious, your worries might keep you awake at night. Or if you're feeling low and unmotivated, you might sleep more.

Struggling with your sleep can also impact your mental health, making you feel anxious or low. You might find it harder to do day-to-day tasks, which can then negatively affect your mental health.

Why is sleep important?

Sleep is important for both our physical and mental wellbeing. It helps our brains and bodies work at their best, helping us function day-to-day.

Sleep helps our bodies grow and heal. In some cases, it can help protect us from health problems in the future. It also allows us to cope with our emotions and store and sort our memories.

When you've not slept well, you might feel less energised or able to cope with everyday life.



Tips to help improve your sleep

If you're neurodivergent, for example, if you're autistic or have ADHD, you may find it more difficult to sleep. Feeling restless and having lots of thoughts may keep you awake.

Feeling more tired can make certain symptoms or behaviours worse. This can make you feel more anxious which might keep you awake.

See below some tips to help with your sleep;

- **Help yourself rest;** keep some things close by for if you wake up. This could be water, a toy or blanket. You might like to listen to sounds that you find comforting, like white noise or nature sounds.
- **Breathing exercises;** You might find breathing exercises helpful, especially if your mind is busy, or if you feel tense. Try taking deep, slow breaths in any way that feels comfortable for you.
- **Create a routine;** Going to bed and getting up at the same time everyday can help you go to sleep more easily.
- **Make yourself comfortable;** There may be a few small things that you can change to make your sleep routine more comfortable such as; Changing the temperature of the room, wearing an eye mask and ear plugs, using a black-out blind, use a blue-light filter or 'night mode' on your phone.
- **Write down how you're feeling;** If your worries keep you up at night, write them down before you go to bed. That way you can leave them there to deal with the next day.

- **Make a plan for the next day;** If you feel like you can't get to sleep because your mind is racing, it could be useful to make a plan for the next day. This could help to put your mind at ease. You could pack everything for the next day, plan something to look forward to, set an alarm and make your bed as soon as you get up.



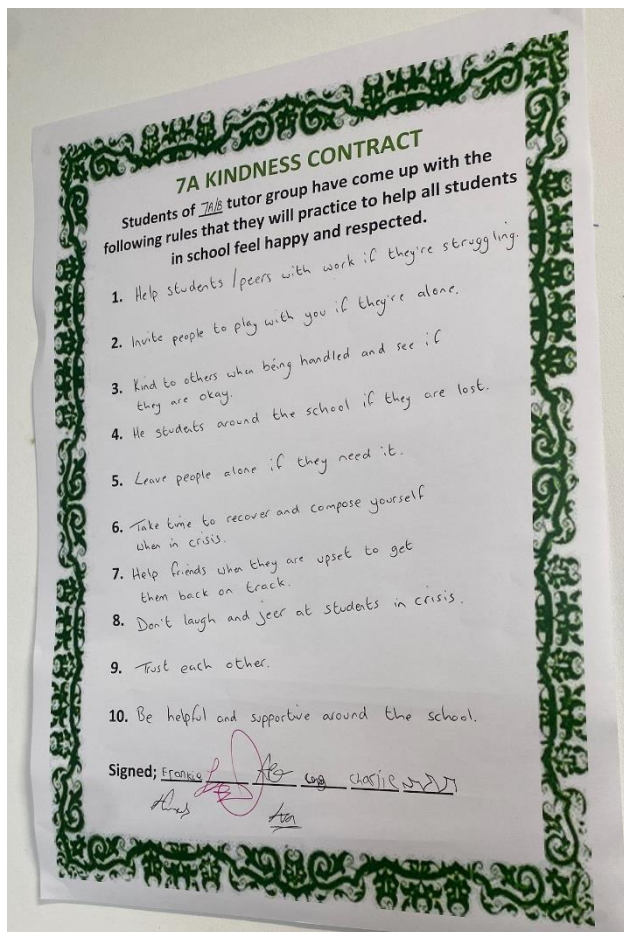
Mental Health Myth Busters

It can be confusing and worrying if you feel like you're not getting enough sleep, or good enough sleep. You might have heard lots of different opinions about how you should sleep, but good sleep can mean something different for everyone.

- **Sleep is linked to mental health-** ✓ If we sleep badly, we might begin to feel less well. Being tired can make us feel low or anxious.
- **Sleeping is something you have to learn how to do-** ✗ Falling asleep is something your brain and body do together naturally. There aren't necessarily things you have to do, or actions you need to take for it to happen. It's okay to struggle with falling asleep too, and there are things that can help you fall asleep more easily.
- **Everyone needs the same amount of sleep-** ✗ There's no perfect amount of sleep. It's different for everyone. How much sleep you need depends on many different things, like your age and what's going on in your day-to-day life.
- **It's normal for your sleep pattern to change-** ✓ Just as it's normal for things in your life to change, it's normal for your sleep to change too. Your sleep pattern may change depending on what else you have going in your life at that time.

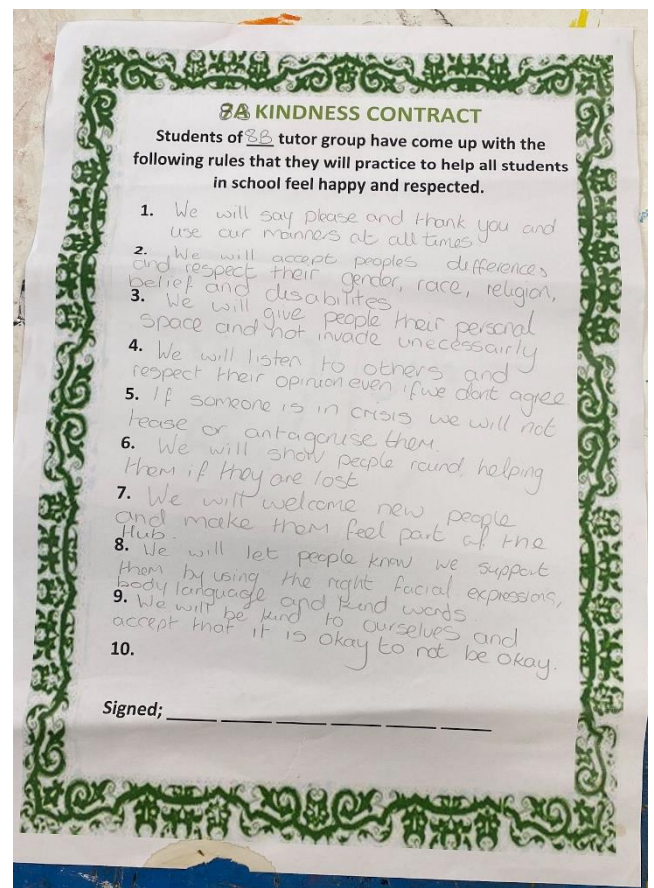
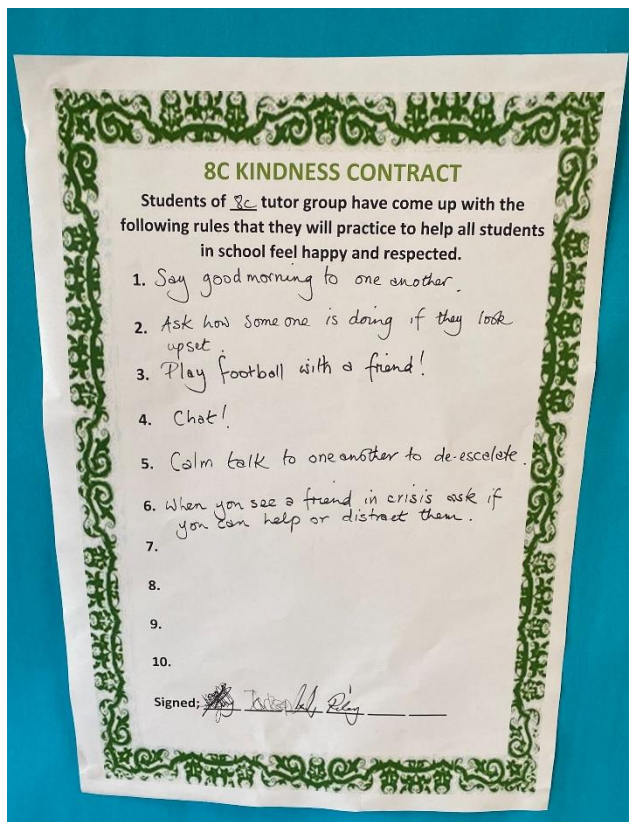
Getting support...

- <https://sleeponitpodcast.podbean.com/>
- <https://teensleephub.org.uk/teens-young-people/>
- <https://thesleepcharity.org.uk/information-support/children/>
- **School Nurse**-In school Wednesday mornings (ask SST or Miss Bird if you would like to speak with her)
- SST
- Miss Bird
- Form tutor
- Any trusted adult in or out of school



WELLBEING NEWS !!

Our students have been learning about empathy in tutor time this half-term. One of the activities they did to encourage more empathy around the school was each tutor group came up with their own kindness contract. Take a look!





If you or your child need support in school for anything please contact the below members of staff

Form Tutors (Anlaby):

7A-Mr Fredrick

7B-Mr Ward/Mr Belcher

8A-Miss Sykes

8B-Mr Tranmer

8C-Mrs Ryan

9A-Mr Hagger

9B-Mr Price

9C-Mr O'Neil

9D-Miss Houghton

9D-Mr Lawson

10A-Ms Oliveira

10B-Mrs Brittain

10C-Mr Stanley

10D-Miss Hamlett

11A-Mr Branston

11B- Mr Hall

11C- Ms Macnamara

Student Support Team:

Miss McNeil-KS3 Pastoral coordinator

Miss Hales- KS4 Pastoral coordinator

Mr Lawson-HLTA Behaviour& Engagement KS3

Mr Matthews-HLTA Behaviour& Engagement KS4

Miss Haywood-HLTA (Welton)

Miss Bird- Emotional Wellbeing Lead (Anlaby)

Mrs Rainforth- Emotional Wellbeing Lead (Welton)

Senior Leadership Team:

Paul Grimes-Executive Headteacher

Genevra Austin-Interim Headteacher

Mr Rollo-Assistant Headteacher

Miss Howard- Director of Learning (SEND)

Mr Badman-Director of Learning (Welton)

Mrs Asvadi-Director of Learning (Welton)

Form tutors (Welton);

SS1-Miss Ashenden /Miss Davies

SS2-Mr M Walker/Mrs Revell

SS3-Mr Derrick/Mrs Stewart

SS4-Miss Anderton/Mrs Gregory