

MHST - Mental Health Support Team in SEN Schools Hertfordshire and West Essex

Hosted by PALMS



World Sleep day: March 19th 2021

4 tips for improving sleep:

1. Get out in the daylight.

Exposure to daylight helps regulate our body clock, helping us feel tired when it is getting dark at bedtime.

2. Take regular exercise.

To sleep well we need to have moved enough and worn ourselves out physically.

3. Switch off fully before bedtime.

No screens for 90 minutes before bed, or use a blue light filter if not possible. Have calming activities before bed, and a good bedtime routine.

4. Positive mental health will help with sleep, and positive sleep will help our mental health.

Anxiety and low mood can make it difficult to get a good night's sleep. Consider use of mindfulness and relaxation, have 'worry time' separated from bedtime or talk to the MHST if you think your child needs some early intervention mental health support.



Want to know more?

National Autistic society: <https://www.autism.org.uk/advice-and-guidance/topics/physical-health/sleep/parents>

Mencap: <https://www.mencap.org.uk/advice-and-support/sleeping-tips>

Cerebra: <https://cerebra.org.uk/download/sleep-a-guide-for-parents/>

Red Nose Day : 19th March 2021



- This year has shown us we can come together in a way by working together and showing kindness.
- Get involved in red nose day share a smile campaign by downloading the share a smile poster, add you favourite joke and pop it on your window. Share a Smile Poster - <https://tinyurl.com/zkpw2nvc>
- Spend time participating in red nose activities to support in building relationships and trying something new.
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Want to check out resources?

Red Nose Day PSHE Learning Activities – Exploring different stories, students can participate in discussions. All resources are designed to be open ended and adaptable.

https://assets.ctfassets.net/zsfivwzfgl3t/4HX2JHyIrzKEYC1omf8oJ6/abc262512afe43ad689810778cc4f2b9/RND21_100_PHSE_activities_secondary.pdf

Activities from cake recipes to making your own superhero masks for red nose day to be completed at home or school:

<https://www.comicrelief.com/rednoseday/schools/freedownloads/>

*If you would like more information about the MHST, please contact the Mental Health Lead at your child's school.
Alternatively please contact us directly on the details below.*