



## SLEEP

By school age, your child is probably sleeping through the night regularly without waking up. A good night's sleep is important for their growth, learning and development.

When your child sleeps well, they are more settled, happy and ready for school the next day. Good-quality sleep helps your child concentrate, remember things and behave well. This helps them to be a successful learner

Students today have extremely busy schedules, with ever increasing responsibilities at school and at home. Many kids, especially adolescents, are going to bed later and later and are at risk of sleep deprivation. This affects three areas of a child's development: psychological, physiological and psychosocial. All three are essential to a child's growth, learning ability and overall wellbeing. Sleep is vital to a child's overall health and is as important as diet and exercise.

Sleep also strengthens a child's immune system and supports their ability to function properly on a daily basis. Children who do not get enough sleep show increased levels of aggressive behaviour, are less attentive and are much less active. Trying to catch up on sleep on weekends is not the answer and can still lead to severe sleep deprivation.

In this edition of SchoolTV, parents will learn about the importance of sleep and how sleep deprivation can have adverse effects on a child's health and wellbeing. We hope you take time to reflect on the information offered in this month's edition and we always welcome your feedback.

If you have any concerns about your child, please contact the College Counsellor for further information.

Here is the link to this month's edition <http://thac.nsw.schooltv.me/newsletter/sleep>

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*Source: SchoolTV*

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