



Safeguarding News



Crigglestone St James CE Primary Academy

Headteacher: Miss B Minor Date: 09/03/2022 Issue: 23

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World Sleep Day

World Sleep Day on the 18th March please see the link - [World Sleep Day March 18, 2022](#).

The theme this year is “Quality sleep, sound mind, happy world”.

This might seem like an odd thing to ‘celebrate’ but many of us forget how important sleep is. I know many of us feel so much better after having a ‘good night’s sleep’ but unfortunately it isn’t always at the top of our list.

Sleep is important for our mental and physical health, for both adults and children alike. Prioritising sleep, and having a routine to support sleep, can make a real difference to how we feel, mentally and physically, which then supports us in our daily lives.

World Sleep Day gives us a great opportunity to think about our own sleep habits and whether we can put in place some changes to improve our sleep. If you want some tips or advice on what you can do to try and improve your sleep, see the attached poster “10 tips for better sleep” produced by The Sleep Council.

The “Go to” for all things sleep is the Sleep Charity website: sleepcharity.org.uk, where you can find lots of information and resources on adult, teen and child sleep.

You can find lots of resources on child and teen sleep on the CAMHS resources page: www.southwestyorkshire.nhs.uk/wakefield-camhs-resources

SAFEGUARDING REMINDER

Keeping our children safe is vitally important to us. We have a safeguard team who work together to support children, both in and out of school. The Designated Safeguarding Lead (DSL) is Miss Minor. The deputy DSLs (and members of the Safeguard team are: Mrs Lloyd, Mrs Dent, Miss McCarthy and Mrs Butterworth. If you wish to discuss anything regarding safeguarding then please use our email address: safeguarding@stjamesacademy.co.uk or contact Miss Minor or a member of the safeguarding team.

