



Parmiter's School Home Teaching & Learning Newsletter

Welcome to the 6th edition of the Home Teaching and Learning newsletter for 2020/21. This edition focuses on the big topic of sleep for teenagers and offers a reflection on our virtual Parents' Evenings. I hope you find it useful. Mr Baker (Assistant Headteacher - Teaching and Learning)

Sleep

"There's a close relationship between sleep and mental health. Getting good sleep, and enough of it, is really important for maintaining our mental wellbeing. It can help us have more energy, feel more positive, and feel less stressed" - Stephen Buckley, Head of Information at Mind.

According to research by the [Teen Sleep Hub](#), around 68% of teenagers don't get enough sleep on school nights. This of course has a major impact on their ability to concentrate on and take in learning in school the next day.

To help combat this, the team at Teen Sleep Hub have been working on some resources to help teenagers and their parents/carers ensure sleep becomes an important part of their routine. They've produced a free ebook, which you can sign up for at the bottom of [this page](#).

But it doesn't stop there... We've compiled a list of links to other great resources from the Teen Sleep Hub to help tackle the reasons why young people don't sleep well, to explain the impact of sleep deprivation and to encourage students to think about the small changes they could make to sleep better.

Online helpsheet: [This](#) is a great introduction to the ways in which young people might combat sleep deprivation.



Hints and tips videos: Here are a series of videos looking at the five key subjects around sleep and wellbeing. Take a look using these links:



1. Anxiety: <https://youtu.be/VjwNTSSm6t8>
2. Screen time, social media & peer pressure: <https://youtu.be/YstLSFJLW9o>
3. Delayed sleep phase: <https://youtu.be/svtVlxMjcjw>
4. Time: <https://youtu.be/esdvzY6LgXs>
5. Lack of routine: https://youtu.be/AyEoL_PmYAE

Online Parents' Evenings

The pandemic has required us all to review our ways of working and to consider the ways in which technology can support this. Last spring, when planning our Parents' Evenings for this academic year, we optimistically thought that things may be back to normal by now but during the Autumn Term it became clear that changes would have to be made. Moving our consultations online has proven to be a really effective way to communicate with you.



It is not without its issues: it relies on homes having a reliable internet connection; appointments are restricted to five minutes in order to accommodate as many students as possible; and both staff and parents have to get to grips with another new website. Not to mention finding a suitably academic yet unpretentious bookcase to have in the background! However, the overwhelming message from our school community is that this has been a real success during a very challenging time. We've heard some wonderful anecdotes. Several families who have or are shielding relatives have been able to participate. And one parent, who lives abroad and has never been able to attend a Parents' Evening, was able to take part in the meetings for the first time!



We will continue to review this provision and make changes as necessary for next academic year. We do not know when we will be able to welcome you back on site but we are so pleased that we can update you on your child's progress in a face-to-face setting - even if those faces are on a screen. And who would have ever thought that you could have a meaningful, serious conversation about Shakespeare with your son or daughter's English teacher whilst wearing your cosy pyjama bottoms?

Ms Absalom (Assistant Headteacher)

And finally... Please don't forget that all previous Home Teaching and learning Newsletters are available on our school website via [this link](#).

