

# Healthy sleep tips for children



## All parents welcome!

Come along to the FOST drop-in session at 8pm on Wednesday 10 March and learn about sleep and how important it is to children's physical and mental wellbeing.

Kelly Hodgkins, St. Teresa's Higher Level Teaching Assistant, and an expert in children's development and educational psychology, will be joining the session to present the benefits of sleep and provide tips for parents to help their children have a good night's rest.

To join, simply click the link on the right. We can't provide refreshments but feel free to bring a cuppa (or glass).

This topic was suggested by a parent from last month's school questionnaire. If you would like to suggest any other topics for future drop-in sessions, please contact a FOST representative or email [fosteresas@gmail.com](mailto:fosteresas@gmail.com). For more information about FOST, St Teresa's Parent Teacher Association, and our ambition to build a parent community and make our school a great place for our children, please visit [www.pta-events.co.uk/fost](http://www.pta-events.co.uk/fost).

## Upcoming virtual drop-in sessions

8pm Wed 10 March

8pm Wed 17 March

8pm Wed 24 March

Click the link below to join the session on Google Meet

<https://meet.google.com/vgp-mrbc-pyz>

Please use your personal account, not a g-suite account.