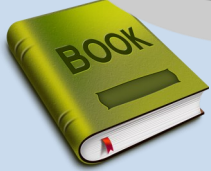




Sleep Challenge

Bath, book and bed



Are you up for a whole school challenge?

Change your bedtime routine!

- No electronic devices after 6pm
- Talk! How was your day?
- Have a relaxing bath.
- Choose something to read.
- Now enjoy a peaceful night's sleep!

Are you getting enough sleep?

The challenge is:

Nursery can you be asleep by 7.00pm?

Reception can you be asleep by 7.30pm?

Year 1 and Year 2 can you be asleep by 7.45pm?

Year 3 and Year 4 can you be asleep by 8.00pm?

Year 5 can you be asleep by 8.45pm?

Year 6 can you be asleep by 9.15pm?



I'm so good at sleeping I can do it with my eyes closed.

