

# BROOMWOOD PRIMARY SCHOOL



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*Together we believe. Together we achieve*

Thursday 2<sup>nd</sup> February 2023

Dear Parents/Carers,

Within school we have been undertaking an audit of the children's social, emotional and mental health needs, to further understand their strengths, difficulties, and what we can do to support those areas.

One of the areas we have found to be prevalent in terms of difficulties is in relation to sleep, with many children expressing that they have difficulties falling asleep and/or being able to stay asleep throughout the night.

Within key stage one, over 93% of children expressed difficulties with this, and within key stage two, over 76% similarly shared difficulties. With these stark figures in mind, we are keen to take action, given that quality of sleep can have a huge impact on all areas of life, including socially, emotionally and academically. There is no doubt that the quality of sleep your children are getting, will also be impacting on your lives as parents and carers too!

We have been in touch with external organisations, sought advice, and have had many discussions internally regarding how we can best support our children, and families with this.

We have arranged for an organisation, called "Sleep Tight Trafford" to join us on the morning of **Wednesday the 22nd of February**, for a coffee morning for all parents and carers who are able to attend. The morning will commence after drop off at 9:15 for tea/coffee, with the talk beginning at 9.30am. Following this you will have the opportunity to speak directly with the expert practitioners to gain advice and ask questions. There will also be information regarding further referrals, if you feel that your child may require more intensive, personalised support. The event should finish at roughly 11:30am.

Whilst we appreciate that many of you have commitments which may make it difficult to attend, we strongly believe that all children would benefit from support in this area, and therefore if feasible it would be hugely beneficial for as many parents or carers as possible to attend.

Many thanks for your support,

**Sophie Ridley**  
Pastoral Lead / SMHL

*Achieve believe and succeed for a brighter future.*

