



The theme for this World Sleep Day is Sleep Well, Live Better.

Quality sleep is essential for children's growth and development.

The Sleep Charity has a wealth of sleep tips and resources for both adults and children, including:

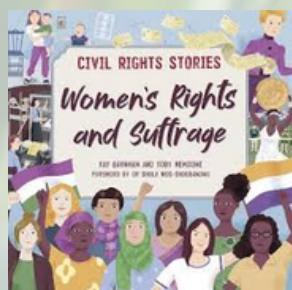
- Troubleshooting Common Sleep Problems
- Bedtime Routines
- Bedroom Environment
- Relaxation Tips
- Sleep and Diet
- Nightmares and Night Terrors

Please click the logo below to find out more!



Book Recommendation

This month's book recommendation, marking International Women's Day on 8th March, is *Women's Rights and Suffrage* by Kay Barnham, which is suitable for children from Year 3 and above. This excellent book explains the history of the fight for equal rights in an accessible way and includes inspirational real-life stories of those women who fought for equality. A useful timeline of women's rights can be found at the back of the book. Look out for other books about remarkable women, including



Kate Pankhurst's *Fantastically Great Women Who Changed the World*, on display in the library this month. Mrs Hampshire, Librarian.

Key Dates

- 5th March- World Book Day
- 8th March- International Women's Day
- 13th March- World Sleep Day
- 11th March- Young Carers Action Day
- 20th March- International Day of Happiness

Important Dates



INTERNATIONAL DAY OF HAPPINESS
20 MARCH

SOCIAL MEDIA & HAPPINESS

This year's theme explores the relationship between social media and happiness, highlighting the potential challenges for our wellbeing as well as ways we can all use tech for good.



STEP 1: CHOOSE

Be mindful of if, when and how much you are on social media. Pause and ask yourself, 'What do I really want to do right now?'

Keep a list of analogue activities you can do instead, like playing music, drawing, gardening or going outside for a walk.

Set a timer so scrolling is a short snack rather than a wormhole.

Give your mind space to think, keep the bedroom phone free, try a 'digital sabbath'.



STEP 2: CONNECT

Don't let scrolling be a substitute for real connection. Phone a friend for a chat, or send some voice notes, instead of scrolling.

Make plans offline, get excited about your next adventure with loved ones.

Use social media to connect with supportive friends and communities that are meaningful to you.



Click on the happiness calendar for March's edition!

With Warm Wishes,
Laura Gradidge- Family Wellbeing Coordinator