



Cheltenham Girls' High School

Principal: Mrs S M Bridge B.A., Dip.Ed.

The Promenade
Cheltenham NSW 2119 Australia
cheltenham-h.school@det.nsw.edu.au

Telephone: 61 2 9876 4481
61 2 9876 6147
Facsimile: 61 2 9869 8521

1st May, 2017

Dear Parents,

On Wednesday 3rd May Lisa Maltman from *The Sleep Connection* will be presenting the "Sleep for Better Health, Resilience and Performance" message to the year 11 students. Lisa will return two weeks later for a follow up workshop after your daughter has completed a sleep diary and workbook.

The rationale for the program is that approximately 70% of teenagers are sleep deprived. This is having significant consequences on many areas of their lives such as:

- **Learning and academic performance**: sleep helps concentration and motivation along with consolidation and strengthening of new information and memories.
- **Emotional and mental health**: studies show students who are sleep deprived are more likely to suffer from depression, anxiety, negative body image and low self-esteem.
- **Behaviour and decision making**: sleep deprivation affects decision making capacity, has a negative effect on behaviour and relationships, and increases risk of accidents.
- **Body systems**: sleep deprivation affects children's physical growth, brain, development, immune system and plays a key role in weight gain.

The aims of the program include:

- Creating an awareness of the current level of sleep deprivation among students and the effect this is having on all aspects of their lives.
- Empowering students with the knowledge, practical strategies and tools to make informed decisions regarding their sleep health.
- Providing information to students and parents regarding options for those who may require professional help.

Your daughter will be coming home with a workbook including information you may find helpful. If you would like more information on the program, along with helpful tips and resources for parents please visit: [Program Overview](#) and [The Sleep Connection](#).

If you would like to join your daughter in completing a sleep diary to relate more to the information and gain a picture of your own sleep health, then you are welcome to print one from [The Sleep Connection-Sleep Diary](#).

Kind Regards,

Tracey Macmillan
Organising Teacher

Susan Bridge
Principal

Truth - Unity - Concord