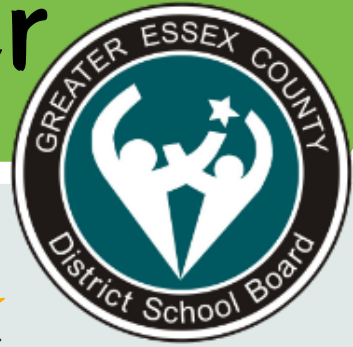


Family & Caregiver Mental Health and Well-Being Newsletter

Presented By the GECD SB Social Work and Attendance Counselling Team

GREATER Together

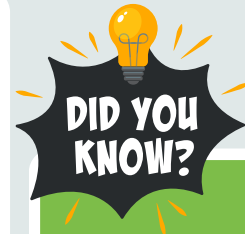
October's Topic: Sleep



Sleep Has Many Benefits

Research has found that it can:

- Reduce stress and manage emotions
- Help us be more alert, attentive, and more productive during the day
- Support learning and memory
- Recharge our bodies



While consistently arriving late is not ideal, it's better to have the student come late than miss a day of school. Remember, missing 10% or 2 days a month, over the course of the school year, can have an impact on a student's success at school.



Sleep Needs Vary By Age

How much sleep does your student need?

The Greater Essex County District School Board 2019 School Climate results indicate that only 27% of students stated they are getting the required amount of sleep.

What Can Help Students Sleep Better?

To help kids and teens get a better night's sleep, encourage them to:

- Leave phones and electronics out of bedrooms
- Do not use electronics at least one hour before bed
- Limit bright lights and blue light from electronic devices
- Aim for a regular sleep schedule
- Keep the bedroom cool, dark, and quiet
- Get some sunlight after waking up
- Avoid caffeine
- Limit naps
- Get exercise during the day
- Get out of bed when all else fails

What are some factors that prevent teens from getting enough sleep?

- Shifting of the biological clock. After puberty, a teen's internal clock shifts about 2 hours. This means that they may go to bed later and sleep later the following morning.
- Early school start times. Teens have to adjust their bedtime in order to wake-up early and make it to school on-time.
- Having a busy social life. Most teens also participate in activities, including part-time jobs, and have homework. Socializing through digital technology can also keep them awake later into the evening.



Scan or click [here](#) for tips for building a mentally healthy nighttime routine



The GECD SB considers mental health and well-being to be a crucial part of our community's success. Our commitment is to provide a safe and supportive environment at the GECD SB. For more information about this commitment and for more resources check out publicboard.ca/mentalhealth or scan here