

GLS / C /724-23

CIRCULAR

06 October 2023

Importance of sleep for growing children

Dear Parents,

The integration of KOMODO, a data-driven well-being platform specifically designed for schools to monitor and proactively support student well-being has indicated that that focus on sleep quality education and parent/home education are the two most influential factors in improving sleep quality in young people.

As part of our intervention strategy, the school organized a Sleep Hygiene workshop and an engaging talk led by Mr. Sameer Shaikh, the Founder of NinjaFit. The comprehensive workshop focused on educating students about the importance of a set of healthy habits and practices like consistent bedtime routines, a comfortable sleep environment, and managing screen time before sleep. The workshop aimed to empower middle school students with practical knowledge and strategies to improve their sleep habits.

The follow-up step is the introduction of a 'Sleep Log', starting next week as an immediate measure for a rested mind and body to ensure well-being and academic success. The class teachers will provide additional information to the students regarding the process of recording their sleep data.

Recognizing the importance of a holistic approach and the need to reinforce healthy sleep habits at home, we would like to invite **parents of Grades KG to 8** to attend a **Virtual Webinar** conducted by the Principal on **Saturday, October 7th 2023, at 11.00 a.m.** which will help you receive guidance on how to best support your children.

We strongly encourage all parents to participate in the upcoming virtual webinar. Thank you for your support and cooperation.

Warm regards,



Asha Alexander

Principal

Executive Leader - Climate Change

آشا ألكسندر

مديرة المدرسة

الرئيس التنفيذي - تغير المناخ