

9<sup>th</sup> Dec 2019

Dear Parents/Carers,

## **SOUND SLEEP WORKSHOP - 13<sup>th</sup> JANUARY**



We are fortunate enough to be able to offer you a 'Sound Sleep' Workshop in January, run by Lesley Burton who from the RISE NI team. RISE NI stands for Regional Support for Education NI and they are a multi disciplinary team of health professionals who offer support for pupils, as well as training for both staff and parents.

In this parent workshop, Lesley will highlight the importance of good sleep, as well as advising you on simple changes that can be made to ensure better quality sleep for your children.

This should be a fun and informative session that will give practical tips and advice that can be put into place easily and immediately. The workshop will be held in the Nursery (in the sun room), on **Monday 13<sup>th</sup> January**, starting just after 9am and will be finished no later than 10am. We do need to know numbers for this event so a sheet will be displayed in the foyer of each classroom shortly for you to sign up.

The workshop is free, and some light refreshments will be provided.

Kind Regards

The Nursery Team