



SAFEGUARDING

# NEWSLETTER

MARCH 2026



## THIS MONTH WE ARE LOOKING AT THE IMPORTANCE OF YOUR CHILD'S MENTAL HEALTH AS WELLBEING

As children grow, they face new challenges, responsibilities and opportunities to discover who they are. The scheme 'Know Yourself, Grow Yourself' encourages self awareness and personal growth, two essential building blocks for mental health and wellbeing.

### WHY SELF AWARENESS MATTERS?

Self-awareness is the ability to recognise and understand your emotions, strengths, weaknesses and value. For children, this skill is crucial as they navigate friendships, academic pressures, and personal identity. When children are self-aware, they can:

- **Manage their emotions:** recognise they're feeling stressed, anxious, or overwhelmed and take steps to cope.
- **Make better decisions:** understand their values and priorities, which helps them avoid peer pressure.
- **Build stronger relationships:** communicate more effectively and empathise with others.

### HOW PERSONAL GROWTH BUILDS RESILIENCE AND CONFIDENCE

Personal growth happens when young people challenge themselves to learn, improve and step out of their comfort zones. Its about progress, not perfection.

Through personal growth, young people can:

- **Develop resilience:** learn to bounce back from setbacks and see failure as a stepping stone to success
- **Build confidence:** gain a sense of achievement by setting and reaching goals
- **Adopt a growth mindset:** believe that abilities and intelligence can improve with effort and persistence.

## HOW CAN PARENTS SUPPORT THIS AT HOME?

### Encourage open conversations:

Talk about emotion. Model self-awareness by sharing your own feelings.

### Celebrate effort, not just results:

Praise your child for trying their best, even if things don't go well.

### Create opportunities for growth:

Let your child take on age-appropriate responsibilities and try new activities.

## WHY SLEEP MATTERS FOR YOUR CHILD

Sleep isn't just about rest - it's when your child's brain and body do some of their most important work. Here's how sleep supports your child's mental health, wellbeing and development:

- **Improves mood and emotional regulation:** a well rested child is better equipped to handle frustrations, challenges and social interactions
- **Boosts learning and memory:** sleep helps consolidate what your child has learnt during the day, making it easier to retain new information.
- **Reduces stress and anxiety:** consistent sleep patterns can lower stress levels, helping your child feel calm and focused.
- **Supports physical health:** sleep strengthens the immune system and promotes healthy growth.

## SIGNS YOUR CHILD MIGHT NOT BE GETTING ENOUGH SLEEP:

It's not always obvious when children are sleep-deprived, but here are some common signs:

- Difficulty waking up in the morning
- Frequent mood swings or irritability
- Trouble focusing or remembering things at school
- Increased hyperactivity or impulsivity

## HOW MUCH SLEEP DOES YOUR CHILD NEED?

Experts recommend the following sleep duration for primary-aged children:

**Ages 6-12 = 9-12 hours per night**

To decide on the best bedtime for your child, start by considering what time they need to wake up and work backwards. For instance, if your child needs to wake up at 7am to be ready for school, aim for a bedtime between 7pm and 8pm to ensure they get the recommended sleep for their age.

## Safeguarding Team



If you have any concerns about a child's safety or wellbeing, please speak to a member of our Safeguarding Team. We are here to help and listen.

