

# NEWSLetter

“Sleep is that golden chain that ties health and our bodies together.”

Thomas Dekker



If you have anything you'd like submitted to the NEWSLetter or if you have any comments or feedback, please email **Pauline** at [pauline@new-solutions.co.uk](mailto:pauline@new-solutions.co.uk)

Welcome to the 6<sup>th</sup> edition of our **NEWSLetter**.

In **NEWS from U** on **Page 2**, it has been great to share more of our younger readers photos and stories. We have photos of other tomato plants as they have reached their new homes and it has been lovely to hear how this activity has benefitted the children too. It was brilliant to see the tomato plants being watered with homemade watering cans that were featured in the 4<sup>th</sup> **NEWSLetter**. We also have pictures of Borrowfield Primaries whopping 17m long Lockdown Caterpillar to share and a lovely testament of how the stones will be used to create a lasting memory within the school grounds.

There have been several national surveys on the impact of COVID-19 on sleep and it is evident that there has been a significant impact on our nation's sleep. On **Page 3** we have an article on the importance of sleep for both our physical and mental wellbeing and we share some of the findings of the surveys. On **Page 4**, we have some sleep tips for the whole family that we hope you will find useful.

Children may be feeling confused and scared by news of the global protests that are happening. Having conversations with your children about racism may feel hard. On **Page 5** we have sources of support including some links to articles and websites that may help conversations with your children about the protests, race and racism.

June is Gay Pride month. This year, with many events cancelled, Gay Pride is going virtual. This means that wherever we are in the world, we have the opportunity to attend and be part of the many celebratory events. On Saturday 27 June, Pride organisations from across the world will celebrate Global Pride 2020. This weekend, Pride Edinburgh have virtual events happening; go to <https://twitter.com/prideedinburgh> or <https://www.facebook.com/PrideEdinburgh/> to find out more.

The impact of the pandemic and lockdown for some individuals and communities has been exceptionally difficult. This is particularly true for some of the lesbian, bisexual, gay and transgender (LGBT+) community. On **Page 6** we have links to reports into the impact of COVID-19 on the LGBT+ community and to LGBT+ sources of help and support.

We hope you have found the NEWSolutions **NEWSLetter** helpful during this time of uncertainty. We have aimed to provide you with a range of information in response to Covid19. Your views and feedback are important to us and we would greatly appreciate it if you would complete our feedback form - <https://forms.office.com/Pages/ResponsePage.aspx?id=DQ5IKWdsW0yxEiajBLZrQAAAAAANAeICMvBUOEu2VEJBSkpWUEZWFdXVEFTQUUpBRik4Qv4u> Thank you very much for your time.

Healthy Regards, the **NEWSolutions** Team

## Cody, Rio & their Tomato Plants (Ferryden Primary School)



"My boys were issued a Tomato plant each to look after, they have loved this responsibility, and learnt so much about how to care for them daily. This has brought the boys closer together giving them a focus to work together to mix up feed etc and keep them healthy! We love having a task to keep them entertained, it's also turned into a slight competition to see who can look after their plant the best!" -

Cody & Rio's Mum

## Lockdown Caterpillar

"It's a really good community around here. A teacher had seen a 'lockdown caterpillar' in Carnoustie and had mentioned it in our school email. So when I asked my boys if they would like to start one, they said yes. People not just from Borrowfield have been getting involved, it's been great. We measured it and it's 17m long. The boys are keen to check on it every day. We plan to use the stones in the school grounds, cement them in forever so they can be a lasting memory".

- Cherrylynne, SPSA

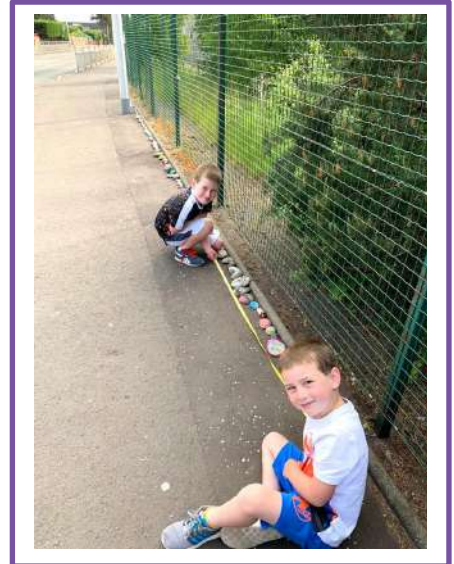


Cherrylynne,  
Harrison (P3) &  
Arran (nursery),  
(Borrowfield  
Primary School)

Harrison and Arran busy measuring the Borrowfield Lockdown Caterpillar.



When they last measured it on Tuesday 9<sup>th</sup> June, it was a whopping **17** metres long.



# The Importance of Sleep

We all know that exercise and a healthy diet are important to our physical and mental wellbeing, but did you know that sleep is just as important?

Whilst there are no hard and fast rules about the amount of sleep we need, we spend on average a third of our lives asleep; this equates to four months each year sleeping. That is a lot of sleep, and our children need even more. The exact science of, and the biological process that allows our bodies to go into such a long period of sleep has baffled researchers and continues to remain a mystery. What we do know however is that there are many benefits to a decent night's sleep.

Good quality sleep allows our bodies to physically rest, repair and rebuild. This gives us more energy when we are awake, it boosts our immune system so we can more readily fight off infection and it helps us recover should we become unwell. This is especially important during a period in our lives where being physically well may help us fight the effects of coronavirus.

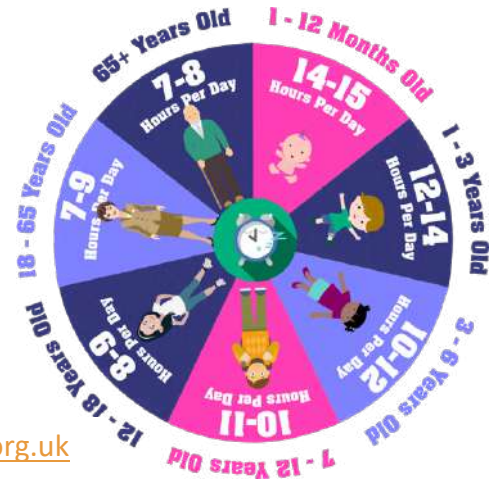
Good quality sleep also supports positive emotional and mental health. During this period of our lives, a good night's sleep may help to shield us from the stresses of the pandemic and the subsequent impact. A good sleep allows us to function better; we can think more clearly, problem solve and make good judgments. Sleep helps us make sense of, and process the upsetting or distressing information, events and overwhelming emotions we may experience during this time in our lives and consolidates them into coherent memories.

Have you ever noticed after a restless night, you may be more reactive and experience an intensity of emotions like anger or anxiety that are harder to deal with? Or that you have difficulty remembering what you had for tea last night? Sleep deprivation affects our emotions and our memory as it stops all the different parts of our brain working well together.

Have you noticed any difficulties with your sleep or that of your child since lockdown? If you have, you are not alone. There have been several recent surveys about the impact of COVID-19 on our nation's sleep and they consistently highlight that for many of us - children, young people and adults, we are experiencing disrupted sleep. Over the next few pages, we will share some of the findings of the surveys and also some tips and advice that may help to get your families sleep back on track.

## & the Impact of COVID-19

Image from Sleep Council showing the average amount of sleep we need dependent upon age. Most adults need 7-9 hours sleep with children and young people requiring more.



<https://sleepcouncil.org.uk>

### How the UK is Sleeping Under Lockdown

(A survey of individuals aged 16-75 by King's College London and Ipsos MORI)

**50%** have experienced sleep disturbances.

**39%** are sleeping **less** hours now than before lockdown.

**29%** are sleeping for longer but feel **less** rested.

**38%** report an increase in vivid dreams.

### Impact of COVID-19 on Children, Young People & Parents Sleep

COVID-19 is having a massive effect on children and young people's sleep concluded a survey by **The Sleep Charity, The Sleep Council** and **Sleepstation**.

The survey attributes increased use of technology alongside shifting bedtimes as significantly contributing to the sleep difficulties experienced by children and young people in the UK.

The survey also highlights the difficulties parents are experiencing with their own sleep and the impact of COVID-19 on their ability to parent their children effectively.

**70%** of under 16-year-olds going to bed at least an hour later.

**57%** are then staying in bed longer in mornings.

**74%** of parents report a significant increase in their child's use of technology.

**33%** report their children are sleeping more. Conversely, **20%** report they are sleeping less.

**54%** of parents are finding it more difficult to stay asleep during lockdown.

**84%** of parents report that their sleep difficulties impact negatively on their ability to function next day.

**76%** of parents report an impact on their ability to maintain routines and to implement boundaries due to sleep difficulties.

# Sleep Tips

## (for the Whole Family)

### Shifting Bedtimes – gradually re-establish a routine

Surveys have highlighted shifts in bedtimes, with many families reporting later bedtimes and longer lie-ins in the morning. Routine is one of the most important aspects of good sleep as it helps to set and regulate our bodies internal clock.

Have bedtimes shifted? Is there a lack of routine? Is this problematic for you? Or maybe it isn't an issue just now but are you forward thinking to how you will be able to get back on track for when schools do reopen? If you relate to this, you are not alone.

### Top Tips

- It's important to have your children are on board with the need to re-establish routine so speak with them first about the need for this.
- Gradually, bring forward bedtime and morning wake-up time by 15 minutes, every 2-3 days. It may take a few weeks but doing this gradually, over time is key.
- Once routine is re-established, it would be ideal to keep to the same bed and wake times seven days a week. If there is a shift at the weekend, try to ensure this is by no more than an hour.

### Wind-down routines

Having a regular wind-down routine is a great way to prepare your body and mind for the land of snooze.

### Top Tips

- Keep bedrooms for calm and sleep; avoid where possible using sleep space as a workspace too.
- Avoid caffeinated or high-sugar drinks such as coffee or fizzy juice before bed.
- Begin wind-down routine an hour before bed; prepare your children and give them countdowns.
- Help each of your children identify the things that they feel would help them unwind before bed – come up with a plan; it may be having a bath or shower, reading, colouring, music. Identify and use your own wind-down plan.

### Get a daily dose of sunlight

Exposure to natural sunlight strengthens our bodies natural sleep/wake cycle by inhibiting the production of melatonin, the hormone we produce through the night to help us sleep. Getting a good dose of sunlight exposure helps to shake off the groggy morning haziness we may feel and set us up for the day ahead.

### Top Tips

- When you wake, open the curtains and a window to kickstart the day.
- Then aim to get yourself and the children out into the actual sunlight as soon as is practicable for at least half an hour.



### Limit screen time

Parental surveys indicate that children and young people's use of electronics during lockdown has significantly increased.

In the hours before we go to bed, our bodies naturally begin to prepare for the process of sleep and we produce melatonin, the sleep hormone. Any gadget with a screen; TV's, tablets, mobile phones or laptops emit blue light which may inhibit melatonin production and can make for a more restless sleep.

In addition to the impact of blue light, the use of screens before bed can keep the brain engaged and stimulated and impact on the winding down process before sleep. How many of us lie in bed at night scrolling on social media? Need to keep checking for fear of missing out (FOMO)? Or are just drifting off to sleep and a notification pings? This can be hugely disruptive to our sleep as well as our children and teens.

### Top Tips

- Try to limit social media in the hours before bedtime to allow your body and mind to begin to wind down and prepare for sleep.
- Lead by example and switch off all electronic devices at least an hour before bed, including your own.
- Ideally, keep mobile phones out of the bedroom. However, if this is difficult, put phones out of reach, switch off notifications or use the 'do not disturb' function.



Some great ideas above for sleep self-care from <https://www.blessingmanifesting.com>



## Gay Pride Month

June is Gay Pride Month. During June, the lesbian, gay, bisexual and transgender (LGBT+) community celebrates the influence that LGBT+ individuals and groups have had across the world, raises political and societal awareness of the issues facing the LGBT+ community and promotes their equal rights.

This year, with many events cancelled, Gay Pride is going virtual. This means that wherever we are in the world, we have the opportunity to attend and be part of the many events to celebrate Gay Pride. This weekend, Pride Edinburgh have virtual events happening; go to <https://twitter.com/prideedinburgh> or <https://www.facebook.com/PrideEdinburgh/> to find out more.

On Saturday 27 June, Pride organisations from across the world will celebrate Global Pride 2020. There will be 24 hours live streaming of musical and artistic performances, speeches from activists and campaigners, that reflects and celebrates the diversity of LGBTI+ people everywhere - <https://www.globalpride2020.org>

The impact of the pandemic and lockdown for some individuals and communities has been exceptionally difficult. This is particularly true for some of the lesbian, bisexual, gay and transgender (LGBT+) community. On **Page 6** we have links to reports into the impact of COVID-19 on the LGBT+ community and to LGBT+ sources of help and support.



## Talking to Children About Race, Racism & Protests

With news feeds and social media full of the protests that are happening globally, many children and young people may be feeling scared or confused. As parents, we may be wondering how to have conversations with our children about the protests, about race & racism. Below are some useful links –

Child Mind Institute – <https://childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news/>

Unicef – <https://www.unicef.org/parenting/talking-to-your-kids-about-racism>

CNN/Sesame Street – <https://edition.cnn.com/2020/06/06/us/cnn-sesame-street-town-hall-racism-trnd/index.html>



There have been so many changes that have happened since coronavirus occurred. With the closure of schools, children and young people's education and schooling has massively changed. Exams being cancelled, missing friends and having to stay at home all the time are some of the things children and young people may have faced. Understandably many children and young people might be feeling worried, anxious or overwhelmed just now.

Enquire is the Scottish advice service for additional support for learning. Their mission is to raise awareness of children's rights to extra support in school, to help families and schools to work together to ensure children get the support they need and provide advice to children and young people who might be struggling in school.

In response to COVID-19, Enquire have developed a page on their children and young people's website REACH; go to - <https://reach.scot/get-help/coronavirus/>. It has lots of helpful advice and tips to help pupils whilst schools are closed, including:

- How to feel less anxious
- Keeping safe online during coronavirus
- Tips from teachers about learning at home
- Advice on how to concentrate at home
- Tips from young people about what's helping them
- Online bullying
- Advice if a child doesn't know which school they are going to next year
- Exams and results during coronavirus

## CORONAVIRUS INFORMATION

ENQUIRE

Enquire's coronavirus webpages has information on changes to laws on educating children as a result of coronavirus. Find out more at - <https://enquire.org.uk/coronavirus/>

Enquire also has a telephone helpline which operates from 1pm-4.30pm, Monday to Friday. Call - **0345 123 2303**.



<http://www.sclc.org.uk>

The Scottish Child Law Centre operates a telephone advice line. This telephone line is open to everyone who is looking for free legal advice on Children's Rights and Scots Child Law. You can contact them on **0131 667 6333** Monday to Friday from 09:30 to 16:00.

**Children and young people** can call free on a landline - **0800 328 8970** and from a mobile - **0300 3301421**.

Here you will find links to articles and websites related to topics in the **NEWSLetter** as well as other useful sources of information.

## Links & Helpful Information

### Sleep

**Sleep Scotland** – Sleep Scotland is the UK’s longest-established children’s sleep charity. Since 1998, they have promoted healthy sleep for children and young people across the UK and Ireland through sleep counselling, education, and by raising sleep awareness. To find out more visit - <https://www.sleepscotland.org/education/>

**Sleep Scotland** also operates a sleep support line. Trained sleep advisors are available to offer advice and support to parents and carers, or young people themselves with a sleep problem. The sleep support line is open **Monday to Thursday, 10am to 4pm** – Call **0800 138 6565** or email [sleepsupport@sleepscotland.org](mailto:sleepsupport@sleepscotland.org)

**Sleep Council** – Since 1995, Sleep Council’s mission has been to help people take preventative measures to look after their sleep health and to stop sleep issues developing into bigger problems. They offer practical advice and support to help - <https://sleepcouncil.org.uk>

**Mind** - How to cope with sleep problems – Leaflet describes links between sleep and mental health & gives practical suggestions and information about where to get support – <https://www.mind.org.uk/media-a/5827/sleep-problems-2020.pdf>

**Kings College London & Ipsos Mori** –How the UK is sleeping under lockdown - <https://www.kcl.ac.uk/news/how-the-uk-is-sleeping-under-lockdown>

**CBBC – Newsround** – COVID-19 is having a huge impact on children’s sleep – find out more about the survey by The Sleep Charity, The Sleep Council and Sleepstation at <https://www.bbc.co.uk/newsround/52506961>

### LGBT+

**Stonewall Scotland** – Stonewall Scotland campaigns to ensure that every LGBT person is accepted without exception. They have a comprehensive list of COVID-19 related help and advice for individuals: <https://www.stonewall.org.uk/help-advice/covid-19-help-and-advice>

**LGBT Youth Scotland** - A comprehensive selection of advice and information, covering everything from advice for parents of LGBT people to bullying and hate crime reporting – <https://www.lgbtyouth.org.uk/groups-and-support/lgbt-advice-centre/>. To read more about the impact of COVID-19 on LGBT+ young people in Scotland go to LGBT Youth Scotland’s Report - <https://lgbtyouth.org.uk/news/2020/how-covid-19-is-affecting-lgbtqiaplus-young-people-living-in-scotland/>

**Parents Enquiry Scotland** - A voluntary organisation which provides information and support for parents/carers whose sons or daughters have come out as lesbian, gay, bisexual or transgender - <https://www.parentsenquiryscotland.org>

**LGBT Health & Wellbeing** - Working to improve the health, wellbeing and equality of LGBT people in Scotland. Recently awarded extra funding to respond to COVID-19, they have trained advisors available to phone, live chat or email. To find out more go to <https://www.lgbthealth.org.uk/services-support/helpline/>

**LGBT Foundation** -Research into the impact of COVID-19 on LGBT+ communities in the uk - <http://www.lgbt.foundation/coronavirus/hiddenfigures>

NEWSolutions CIC

Address: 40a Mount Road, Montrose, Angus, DD10 8NT

Tel: 07929382112

Email: [info@new-solutions.co.uk](mailto:info@new-solutions.co.uk)

 <https://www.new-solutions.co.uk>

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