



The Wellbeing Newsletter

Summer One 2026

Welcome to our half termly newsletter which highlights all of the brilliant wellbeing resources that are available to our school community.

At Barmby Moor School, our pupils and parents can speak to teachers if they need support. Please also read on to find out about additional services which are available.

Good Sleep Hygiene

Good sleep is one of the most powerful foundations for a child's wellbeing, yet it's often the first thing to slip in busy family life. Consistent routines, reduced screen time before bed, and a calm sleep environment can make a significant difference to mood, concentration, and overall health. This half term, we're focusing on simple, practical ways to support healthy sleep habits at home, helping children feel more rested, resilient, and ready to learn.

What poor sleep hygiene can look like in children

Children experiencing poor sleep hygiene may show clear signs during the day, such as persistent tiredness, irritability, mood swings, and difficulty concentrating or remembering information. They might struggle to wake up in the morning, seem unusually hyperactive or restless, or have frequent emotional outbursts. Physical symptoms can also appear, including headaches or a general lack of energy. Over time, these signs can affect school performance, behaviour, and overall wellbeing.

How to facilitate improved sleep hygiene

Families play a key role in establishing healthy sleep habits by creating consistent and predictable routines. Setting a regular bedtime and wake-up time—even on weekends—helps regulate a child's internal body clock. A calming wind-down routine before bed, such as reading, taking a warm bath, or listening to quiet music, signals that it's time to sleep. It's also important to limit screen use at least an hour before bedtime, as the light and stimulation from devices can make it harder for children to fall asleep.

The sleep environment itself can make a big difference. Keeping bedrooms cool, dark, and quiet helps promote restful sleep, while ensuring the bed is used mainly for sleeping rather than play can strengthen healthy associations with rest. Encouraging daytime habits such as regular physical activity and exposure to natural light also supports better sleep at night. By modelling good sleep habits and maintaining these routines consistently, families can help children feel more settled, rested, and ready to engage with the day ahead.





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Active 60!

Achieving the recommended sixty minutes of physical activity per day has been shown to improve both physical and mental wellbeing. Take a look below at how pupils may be able to achieve this away from school.

Inspiring Active Minds and Bodies: London Marathon 2026

Events like the London Marathon offer a great opportunity for families to promote healthy habits in a fun and motivating way. Children can be inspired by the dedication and perseverance of runners, encouraging conversations about the importance of regular exercise, goal-setting, and resilience. Families might take part by going for walks or short runs together, tracking progress, or even setting their own mini fitness challenges at home. Linking physical activity to a well-known community event can help children see exercise as enjoyable and meaningful, supporting both their physical health and overall wellbeing.

Going for a cycle ride

Cycling is a simple and enjoyable way for families to help children build more physical activity into their daily routines. Encouraging children to ride their bikes to school where possible, or to use them for short local journeys, can help make exercise a regular habit rather than a one-off activity. Family bike rides at weekends or after school also provide a great opportunity to spend time together while staying active. Ensuring children have well-fitted helmets, safe routes, and confidence in basic road safety can help them feel secure and motivated. By making cycling a normal and enjoyable part of everyday life, families can support children's fitness, independence, and overall wellbeing.

Active 60 Bag

Each Friday, a pupil in every class will receive an 'Active 60' bag to take home over the weekend. Inside will be a small soft toy for children to be 'active' with. Children are encouraged to complete any physical activity over the weekend and record this into the scrapbook inside their bags. This could range from playing hockey to walking the dog; any activity which involves getting up and moving their body.

