

31<sup>st</sup> October 2016

Dear Year 9 Parent

## Innovative Sleep Research with our Year 9 Students

I am pleased to announce that we have recently made a valuable link with Dr Jude Lunn at the University of Cumbria who is carrying out research in to the relationship between sleep and social development in adolescents. Jude will work with each of our Year 9 students throughout this half term and will provide us with the results of her findings. It is important to note that your child will not be named in any part of the research. Full details of Jude's research can be found on the attached letter which also includes a reply slip for yourself and your child to complete.

You might be thinking, 'where did this idea come from and how did we get involved?' Well, during the summer term, we held our first Parent Forum meeting and one of the table topics for discussion was how we could better care for the well-being of our students. From this discussion, a number of parents and governors suggested that we would all benefit from being educated about the importance of sleep in the lives of our young people who are becoming more and more busy and increasingly connected by the internet. Shortly after the Parent Forum, we were amazed to find out that Dr Jude Lunn was looking for a local school that would help her to carry out her research. The timing could not have been more perfect.

Jude's research will help the school in a number of ways. At The Lakes School, we take great steps to care for our students, particularly in terms of their emotional well-being and mental health. You often tell us how much you value the time we spend listening too and talking to your child and this is one of the benefits of a smaller community school where all of the staff prioritise the health, happiness and achievement of our students. Whilst Jude is carrying out her research, she will also be delivering assemblies and PSE (Personal and Social Education) lessons to our students about the importance of sleep, good habits that lead to good sleep patterns and how a lack of sleep can adversely affect their body and behaviour. We will also share this important information with parents.

In closing, I would like to encourage you to read the attached information which explains the research in greater detail. You are welcome to contact either myself or Jude directly should you have any questions. Once you have read the information, please could I ask you to sign the reply slip and return it to school reception as soon as possible as this will ensure that we are able to make a prompt start to the sessions.

Thank you in anticipation of your child's involvement in the research and I look forward to keeping you informed about the importance of sleep!

Yours sincerely



Andy Cunningham  
Headteacher