

# St Crispin's School

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**NWM/SH**

4<sup>th</sup> October 2021

Dear Parents/Carers

## **Year 7 Sleep Workshop**

On Monday 11<sup>th</sup> October, all year 7 students will be taking part in a one hour character education workshop on sleep. The workshop will be held in school, and students will be taught in their tutor groups by their tutors. The session will look at the importance of sleep in young people, and a range of strategies that promote good quality sleep.

If you have any questions about the workshop, then please do get in contact.

Yours faithfully

Mrs N C Winmill  
Head of Character Education

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