

March
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STAFF WELLBEING NEWSLETTER

DEVELOPING HEALTHIER, HAPPIER EDUCATORS



THIS MONTH'S WELLBEING EDITION IS ABOUT
"HEALTHY SLEEP, HEALTHY MINDS"

Rest Well to Feel Your Best



Why Sleep Matters for Educators

Teaching is demanding—there's marking, planning, and daily surprises. Prioritising sleep helps you stay focused, calm, and ready for whatever comes next.

Top Tips for Better Sleep:

Set a Regular Schedule

- Aim for the same bedtime and wake-up time every day—weekends included. Consistency helps your body establish a reliable sleep rhythm.

Wind Down Properly

- Try a relaxing pre-bed activity, like reading, journaling, or simple breathing exercises. These help your brain shift into "rest" mode.

Tame Overthinking

- If your mind races at night, jot worries in a notebook or try guided relaxation. This helps you "park" concerns and ease into sleep.

The 7-Day Sleep Challenge!

The 7-Day Sleep Challenge is designed to prioritise rest and experience the benefits of consistent, restorative sleep.

The challenge is simple: for one week, aim to stick to a regular bedtime, wind down with a relaxing routine, and minimise screen time an hour before bed.

Share your progress and any tips with colleagues to inspire each other! Let's see how small changes can make a big difference to our energy levels, mood, and well-being. Ready to take on the challenge?





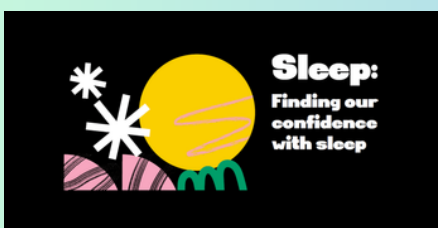
BOOK OF THE MONTH - Click Here



Sleep Better: Unlock the Secrets to Restorative Slumber and Transform Your Life" is your ultimate roadmap to mastering the art of restful sleep and revitalising your day-to-day life. Immerse yourself in the intriguing world of sleep research, professional wisdom, and actionable techniques crafted to help you attain the rejuvenating rest your body and mind crave.

Download the pack

This pack is available for all schools free of charge.



"Sleep is the best meditation." — Dalai Lama

The Role of Sleep in Learning & Forgetting

New research (Agamennoni & Schumacher, 2024) reveals that learning is not just about absorbing information – it's a self-organising process deeply rooted in brain dynamics and environmental interactions.

We can better tackle learning challenges and improve student outcomes by understanding how these processes work. This involves recognising that learning difficulties often stem from obstructions in these dynamic processes, such as environmental constraints or inadequate strategies.

This Month's Podcast



Get comfortable, unwind and discover the power of your breath. Learn how, just by slowing your breathing, you can help usher in sleep. With the late Dr Michael Mosley.

