



9 March 2018

Dear Y6 Parents and Carers,

Use of technology



It has come to our attention that our Year 6 children have been excessively using Whatsapp. There have been hundreds of messages sent and read well into the night and starting again in the early hours of the morning. One morning revealed more than 200 messages overnight!. Having spoken to Year 6, they agree that the quantities of messages are annoying.

Having recently presented a 'Bedtimes and Boundaries' workshop to parents (http://www.stamford-green.surrey.sch.uk/fileadmin/user_upload/other_documents/bedtimes_and_boundaries.pdf), it is clear that the children will not be getting their essential 10 hours sleep if they are feeling pressured to respond. I have spoken to the children about the importance of leaving mobile devices e.g. mobiles/IPads in another room.

Research shows that:

- Lack of sleep can affect mood and lower concentration levels. Irritability is well known to be linked to sleep deprivation.
- When sleep is delayed the wavelength of brain activity changes and less restful sleep occurs. Less restful sleep causes higher blood glucose levels and cortisol levels during the sleep.
- Lack of leptin, the hormone that tells us we are full and don't need to keep eating, turns off when tired.
- Humans are prone to illness when lacking in sleep.
- Frontal lobe activity reduces significantly when sleep deprived - affecting attention, problem solving / risk taking, emotional expression, behaviour, memory and language. These issues will present similarly to ADHD.

Please take this opportunity to ensure that your children leave any mobile devices out of their bedrooms overnight. For restful sleep they should not look at any mobile devices for at least 45 minutes before their sleep.

Mrs Kathryn Dray
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