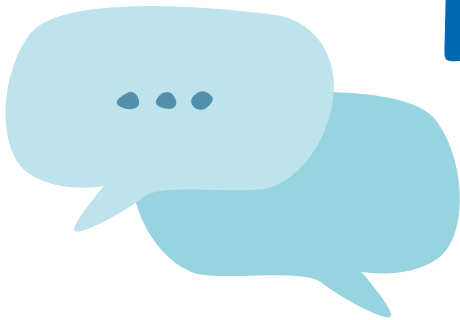


SLEEP AND SCREENTIME PARENT WORKSHOP EYFS AND KS1



**THURSDAY 6TH OCTOBER
9-10.30AM**

ST MONICA'S PRIMARY SCHOOL

Come along to the parent and carer workshop for the Sleep and Screentime delivered by the Mental Health Support Team

We will be there to help you understand how different factors, including screen time, can affect sleep and give you tips and strategies to help improve children's sleep.

SEE YOU THERE!