



Consilium Evolve

Enriching Lives, Inspiring Ambitions

'Lack of sleep has a huge effect on everyone's health and wellbeing!'

Dear Parent/ Carer,

On Wednesday 7th February 2024 we will be holding a Sleep Day at Evolve with one of the UK's leading sleep experts, Kerry from *The Sleep Fixer* (www.thesleepfixer.com).

Our previous visit from Kerry was such a huge success that we would like to extend our invitation to parents again.

Programme for the day:

9.30am - 10.30am: Community workshop, open to all.

10.30am - 11.30am: Parent only session 'Sleep well more often'.

11.30am - Refreshments served during a 30-minute Q&A session.

There will also be an opportunity for parents to book a 20 minute 1:1 session with Kerry in the afternoon, however, pupils are not required to attend this.

If you would like to attend, please could you complete the form sent out to you via SIMS Text Message stating if you will be attending and if you would like a 1:1 session, as these will be allocated on a first come, first served basis.

Yours faithfully,

Mr R Bell
Headteacher