

# COUNSELLOR'S CORNER

## RAK ACADEMY -FAMILY OF SCHOOLS -

TAMAR HARBOYAN ABOU SAMRA  
AC. COUNSELLOR/CPO

### Why Sleep is so Important for children?

Sleep is vital for the health of everyone but most importantly, for children due their rapid growth and development in such a small period of time. Studies have shown that children who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health. Not getting enough sleep can lead to high blood pressure, obesity and even depression. By helping your child get the recommended amount of sleep, you can improve your child's physical and mental wellbeing.

Sleep experts say teens today are sleeping less than they ever have. Lack of sleep also affects teenagers' education as it can leave them too tired to concentrate in class and perform well in exams.

Our sleep patterns are dictated by light and hormones. When light dims in the evening, we produce a chemical called melatonin, which tells us it's time to sleep.

The problem is that modern life has disrupted this pattern. Bright room lighting, TVs, game consoles, mobiles, tablets and PCs can all emit enough light to stop our bodies producing melatonin. It is recommended to stop the use of electronics/screens at least an hour before bed and not have a mobile, tablet, TV or computer in the bedroom at night. This is because the light from the screen interferes with our sleep.

It is important for your child to understand that getting enough sleep is a vital part of a healthy lifestyle.

**Make sleep a top priority and help your child set a sleep routine that allows enough time for sleep.**

Age	Daily Sleep need
Preschool Aged children	10 – 12 hours
School aged children	At Least 9 hours
Adolescents ( Teens)	9 hours
Adults	7 – 8 hours

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### Tips for Parents:

## 6 Tips to Help Your Child GET A GOOD NIGHT'S SLEEP!



1



Set a regular bedtime and wakeup schedule for your child, and stick to it.

2



Make your child's bedroom a quiet, dark, cool environment for sleeping.

3



Establish a relaxing bedtime routine. A warm bath before bed, singing or listening to soft music, warm milk or story time, all help a child relax and settle down.

4



Avoid giving your child sugary snacks or drinks at least six hours before bedtime.

5



Avoid scary stories or television shows and movies before bed. Even the evening news may be troubling to children before bed.

6



Make sure your child gets regular exercise. Avoid vigorous activities right before hand.

The following tips were taken from Anthony Jackson, MD, a board certified pediatric neurologist and pediatric sleep specialist.



Baystate  
Children's Hospital.



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### March Flashback: Practice Gratitude!

I am grateful that I am in an  
amazing school  
I am grateful that I have  
amazing parents  
I am grateful that I am getting  
kind of good marks

I am grateful to have a family  
I am grateful to have a roof  
over my head  
I am grateful for having an  
amazing life

Friends  
Family  
Teachers

Being healthy  
Good teachers  
Plenty of food and water  
in my home.

April

**Music & Art extravaganza**



Theme of the Month of  
May  
"Peace & Charity"



[tamar.abousamra@rakacademy.org](mailto:tamar.abousamra@rakacademy.org)