



Sleep Routine Workshop

Would you like to help your child to get the best sleep possible?



Then please join us on:



**Friday 25/10/24 @ 9:00am –
Moorpark Junior School**

Dear parent/carer,

We would like to share information and support regarding helping your children get the best night sleep possible. This workshop will include:

- the importance of sleep
- the effects of not having enough sleep
- tips for improving sleep

Looking forward to seeing you there!

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TRUST