

Dear parent(s), guardian(s) and carer(s),

Welcome to the ZzzPower™ Sleep Program: a refreshingly practical and science-based way to help your child become fully engaged in their life.

NEW APPROACH TO HEALTHY SLEEP

The power of healthy sleep is as valuable to learn as reading and writing. More and more families in your school district are getting involved to ensure children benefit from the positive effects of healthy sleep. Your children will very quickly learn and understand how healthy sleep gives them an important power-up for their emotional, physical and mental development.

WHAT'S THE ZZZPOWER™ SLEEP PROGRAM ABOUT?

This program is all about fun solutions for healthy sleep that children are enthusiastic about. It was created by a local mom-and-doctor duo in collaboration with a teacher, and the activities, strategies and knowledge are backed by medical research and scientific evidence. The goal is to help kids learn to rest so they can be their best. Everyday experiences are profoundly enhanced by the advantages of healthy sleep:

- > Supports heart health
- > Sharpens memory
- > Stabilizes mood
- > Decreases sick days
- > Boosts self-esteem
- > Balances energy
- > Soothes stress
- > Improves eating habits

ENGAGING AT SCHOOL

Your child will be actively involved in class discussions and activities to establish important strategies for healthy sleep habits. They are encouraged to retain age-appropriate knowledge about the positive advantages of healthy sleep and their emotional, physical and mental wellness.

IMPROVING AT HOME

You will receive The ZzzPower™ Family Pack, which consists of a book, *The Quest For Rest: Polly & Pickles*, a summary of in-class activities, helpful resources, and an activity to enjoy together with your child. In a few minutes each week, you'll be able to help your child develop powerful techniques of awareness to enjoy their fully engaged life. Spoiler alert: there are great tips for adults too.

Thank you for joining your school district and community in championing the power of healthy sleep to support children. The ZzzPower™ Sleep Program is brought to you by the Paperclouds organization. Visit paperclouds.ca for more information and resources.

If you have any questions, comments, or suggestions, please direct them to your child's teacher; we're working closely with them.

Sincerely,



Andrea J. Bell & Dr. Smita N. Naidoo, MD, MPH, FRCPC



PAPERCLOUDS

Sleep Savvy. Live Happy.™