

St. Peter's Church of England (VA) Primary School

Christian focus: Love

“Beloved, let us love one another, for love is of God”
John 4:7



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Our School vision: One Family, Aiming High, Learning Together with God

Friday 15th May 2026,

Dear Parents and Carers,

We would like to invite you to an informative sleep training session with sleep expert Sarah Jane Williams on Monday 1st June at 8.45am.

Sleep is one of the most common challenges families face, yet it is often a source of silent stress. This session is designed to normalize that struggle through real-parent experiences while empowering you with the confidence to implement positive changes.

We will explore how sleep directly impacts learning, immunity, and emotional regulation, and how clear, loving boundaries provide the security children need to rest. Drawing on the data-driven insights of Emily Oster, the clinical expertise of Dr. Craig Canapari and Matthew Walker, and the nurturing techniques of Theraplay, we will share evidence-based strategies for success. Our discussion will focus on consistency with sleep routines, effective sleep scheduling, managing nighttime wakeups, and ending bedtime battles.

By combining sensory-friendly strategies with basic sleep hygiene, you will learn how to lead your child toward a predictable period of connection that empowers the whole family to thrive. We will also discuss why it is never too late to establish new sleep habits. There will be time for Q&A at the end of the session to discuss your specific questions.

Please do not hesitate to contact the school office if you have any questions or queries.

Kind regards,

Miss SJ Moon

