

What's on offer for Secondary Schools?

For Staff:

Seminar: 60 - 90 minutes

Staff presentations provide relevant research and the information necessary for participants to reflect on their own sleep habits and performance output.

Topics for discussion include:

- What occurs during a restful night's sleep
- Why sleep is important for rejuvenation
- How internal and external factors influence your sleep
- How your choices, behaviours and environment affect your sleep
- How adjusting your sleep habits can help optimise performance

Workshops: 120 mins (limited to 60 participants)

Staff workshops run for two hours and are limited to 60 participants to provide a more personalised experience. Workshops include a practical guide and the tools necessary to develop your own sleep plan.

*Heath is the first muse,
and sleep is the
condition to produce it.
Ralph Emerson*

For Students:

Seminars:

- Years 7 - 9 (60 minutes)
- Years 10 - 12 (60 minutes or 90 minutes)

Student presentations explore the sleep habits of adolescents and the impact sleep can have on academic performance, motor performance and mood.

Workshops (limited to 60 students):

- Years 7 - 9 (120 minutes)
- Years 10 - 12 (120 minutes)

Student workshops run for two hours and are limited to 60 participants to provide a more personalised experience. Workshops include a practical guide and the tools necessary to develop your own sleep plan.

What's on offer for Secondary Schools?

For Parents and Families:

*Sleep is the golden chain
that binds health and
our bodies together.*
Thomas Dekker

Seminar: Parent Information night (60 minutes)

Parent and family presentations explore the sleep habits of adolescents in secondary schools and the impact sleep can have on academic performance, motor performance and mood.

External factors found in the home environment that influence sleep are considered in detail. The information provided is relevant to all family members.

Please note: we are happy to accommodate two parent sessions on alternative evenings.

Workshops: 120 mins (limited to 40 participants)

Parent and family workshops run for two hours and are limited to 40 participants to provide a more personalised experience. Workshops include a practical guide and the tools necessary to develop sleep plans.

School Package:

Includes:

- A staff seminar or workshop
- Two student seminars or workshops
- A parent information night and further parent workshop

Customising Programs:

We are more than happy to design a program that suits the needs of your school. We like to work with staff, students and parents so that we can achieve the best result for your school community.

Contact our team today.

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