



# Switch Off to Recharge

✦ Sleep better to unlock your better self ✦

Our Parent Liaison Officer, Ms. Adolphe, warmly invites you to a relaxed wellbeing coffee morning.

Join us to share simple tips on helping children (and parents!) unwind, relax, and enjoy better sleep.

📅 Monday 9th February 2026

🕒 9:15 – 10:15am

📍 School Hall

✦ What to expect:

- ✦ Practical ideas to support children's sleep routines
- ☕ Tips for parents to recharge and relax
- 💬 Tea, coffee & light refreshments
- ♥ A calm space to connect with other parents
- ♥ All parents welcome



**We will also have a guest spot from Kidzplay Club with Ms Abby joining us.**