

# Trinity All Through School

Website: [Trinitylewisham.org](http://Trinitylewisham.org)

## WEEKLY NEWSLETTER

### Primary Phase

Leahurst Road, Hither Green, SE13 5HZ

Tel : 0208 325 4551



### Secondary Phase

Taunton Road, Lee, SE12 8PD

Tel : 0208 852 3191

#### Dear Trinitarians

We hope you are all safe and well. Our risk assessment evaluation continues to show our procedures are working effectively which means we are ready to take more pupils into our face to face provision. Starting on Monday we will be extending our bubble provision to year 2 and 5. This means we will be having Year R, 1, 2, 5, 6, and 10 pupils in school on top of our key worker provision. This will take us to 160 pupils a day across both sites. As long as our risk assessment permits us and the government does not change any rules we will be looking closely at bringing back year 3 and 4 the following week – giving all pupils at Trinity Primary the chance of some face to face provision before the summer holiday. This is really exciting for us and will support pupils in preparation for the September ahead.

We only hear information from the government at exactly the same time as the whole country. Last Friday the government announced that it is planning for schools to be open full time from September. We have been told to expect further guidance and advice and will be looking at this closely before we decide on our options for moving forward. Our governors have been fully involved in the process and we have regular meetings to scrutinise all the plans to ensure we are doing all we can for the pupils at Trinity. We will of course let you know the detail as soon as we can.

In preparation we have been planning our curriculum, resources and timetable to ensure we have complete flexibility in anticipation of any further announcements. Our staff have been looking closely at what has been covered, and how we might identify any gaps that have emerged with home learning. We will then create a bespoke provision to help all pupils flourish in line with our school vision. We want all our pupils to live life to its fullness. Children have been at the centre of all the decisions we have made and are making for our provision come September.

Please have a wonderful weekend. Please try to talk to your children at home about their feelings and share a hug. Stay safe and strong.

## DAVID LUCAS

Executive Headteacher  
Trinity Church of England School, Lewisham  
An All-Through School

[www.trinitylewisham.org](http://www.trinitylewisham.org)



LEARNING - LOVING - LIVING



Calling all students transitioning to Trinity Secondary in September. My name is **Miss Wright** and I will be Head of KS3 when you arrive at **Trinity Secondary**. I and a few other colleagues will be around at the Primary School over the coming weeks to say hello and answer any questions you may have.

On **Monday 6<sup>th</sup> July** and **Thursday 9<sup>th</sup> July** we will be outside the Primary school from **3pm** to speak with parents should there be any questions.



Miss V Wright  
[v.wright@trinitylewisham.sch.uk](mailto:v.wright@trinitylewisham.sch.uk)



Dear Trinity families,

It has been fantastic to see our youngest children back this week. Our reception pupils have adapted so well to the small changes we have made and have been really positive in their attitude to learning.

All pupils should now have received their paper learning packs via the post. If anyone has not received one, please phone the office or pop in to collect one.

Having reviewed our risk assessment, we are pleased to say that we will be able to welcome back Year 5 and Year 2 pupils next week.

Year 5 and Year 2 families will have received an email containing some of the logistical changes that you will need to know as a parent, including changes to pick up and drop off. Please take the time to go through this information. Next week, we will once again be reviewing our risk assessment with an aim to then begin the reintroduction of Year Three and Year Four pupils. This will only happen if we are satisfied that it is safe enough to do so. Families will be contacted next week to register their interest in their child returning.

We will continue to re-evaluate our risk assessments week on week before making decisions on the reintroduction of further year groups.

Thank you for your ongoing support during these exceptional times.  
Keep reading with your child, giving them your time and loving them. I look forward to seeing you and your children soon.

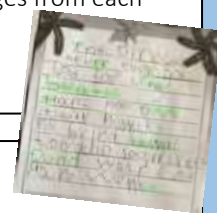
Head of School, Primary Phase  
Trinity all Through School



### STORY TIME AT THE PRIMARY: WEEK 9

Each week we will be sharing a video of us reading a story and taking time to share loving and supportive messages from each class teacher. Nothing will replace your children being in school but we hope this effort will make the difference.

<https://trinityprimarylewisham.blogspot.com/2020/06/primary-story-time-week-9.html>



### WRITING ACROSS THE SCHOOL

Since reopening, we have been amazed by our children's attitudes to their learning and the quality of work they have produced. In true Trinity style, we have got straight back into learning- take a look at our amazing writing so far.

<https://trinityprimarylewisham.blogspot.com/2020/06/writing-across-school.html>



### RECEPTION REINTRODUCTION

It has been lovely to be able to welcome back lots of our Reception pupils to the Primary site. Have a look at what they have been getting up to.

<https://trinityprimarylewisham.blogspot.com/2020/06/reception-are-back.html>

## CHAPLAIN'S CORNER By Miss S Alder

We were very fortunate this week to have Rev Bridget Shepherd and Steve Gurnett leading us in two different worships this week one focusing on being the apostle Peter and open minded and the latter on The Story of Jonah. Which focuses on the themes of forgiveness and caring for everyone. If you haven't had the opportunity yet to check both these worships please look at the links below:



<https://www.youtube.com/watch?v=57cozQAxMNg> <https://www.youtube.com/watch?v=cFLZChmGFgU&feature=youtu.be>

Our primary Trinitarians this week - Millie, Leo and Jasmine accepted the challenge of being open minded to trying new things and they all had a brilliant go at creating The Story of Jonah and I think you will agree they did a fantastic job.



As the days get warmer and as life continues to change it is important we remember to be kind to one another. Kindness costs nothing but means everything, we are often reminded through stories in the Bible that kindness often requires both courage and strength. Looking at the image below, take a minute this weekend to think about, what does this picture say to you and where does the circle begin and end? How can you inspire others to be kind? What can you do this weekend to empower others to be kind as Jesus empowers us to be kind and to love our neighbour as ourselves.



Dear God,  
When I'm not sure I'm good enough, let me be kind.  
When I feel can't change the world, let me inspire just one other to do so.  
When I can't give away riches, let me be loving.  
Let me be known for kindness, for it is the greatest glory.  
Keep safe, keep working hard and God bless

Amen.

Following on from last week here are some joyful actions you could do at home this weekend

**26** See the upside in a difficult situation you learnt from

**27** Watch something funny and enjoy how it feels to laugh

**28** Create a playlist of your favourite songs and enjoy them

## Re: Lewisham and Lee Green Healthy Neighbourhood (HN) – Community led traffic reduction update and COVID-19 implications

(Extract from Lewisham Highways & Transport team)

### How has the Lewisham & Lee Green HN programme been impacted by the Covid-19 pandemic?

As a result of the Covid-19 pandemic boroughs have had the majority of their 2020/21 transport funding removed as TfL are currently under severe financial strain. This means there is currently no funding available for the HN programme in Lewisham and Lee Green. However, moving forward TfL are now funding transport projects that help facilitate safe walking and cycling via their Streetspace for London Plan, which has been developed as part of the Covid-19 transport recovery. TfL has advised that they intend to allocate funding for projects that fall within three different areas:

- 1) Quickly building a strategic cycling network, using temporary materials and including new routes, to help reduce overcrowding on the tube and trains and on busy routes;
- 2) Changing town centres so local journeys can be safely walked and cycled where possible, for example with wider pedestrian areas on high streets to give space for queues outside shops as people safely walk past while socially distancing;
- 3) Reducing traffic on residential streets right across London, through the introduction of measures such as 'modal filters' so more people can walk and cycle, whilst maintaining social distancing, as part of their daily routine. Modal filters close roads to the majority of motorised through traffic at specific points, whilst still allowing pedestrians and cyclists to pass.

In light of TfL's and the Department for Transport's guidance we have taken the decision to deliver a package of temporary measures in Lewisham & Lee Green, subject to TfL funding approval (see attached plan). These measures will be implemented using a temporary traffic order as we seek to protect public health and address safety concerns. TfL has indicated that boroughs will not be required to undertake detailed traffic modelling on the plans, due to the speed of roll out required to protect public health and safety and also the uncertainty around what future traffic levels might be. As there is limited funding available to implement such projects across London the measures developed will focus on the areas outlined above. This means that improvements that were planned as part of the HN project, such as additional trees, benches and cycle parking will not be delivered at present.

### Why are we implementing this scheme?

We have reviewed each of the modal filter locations against the available evidence, including footway widths and traffic volumes. We consider each one of them to be warranted on safety grounds, to help facilitate social distancing for those walking and cycling. In addition, this area has a high potential for journey's to be switched to cycling, based on TfL's Strategic Cycling Analysis.

### What happens next?

When we wrote to you in January 2020 we said a letter drop to residents would be done at least a month before the trial starts, outlining the final proposals and the start date. Clearly the situation we now find ourselves is very different and there is a need to implement measures as a matter of urgency to protect public health and safety and therefore we are unable to adhere to these timescales. The scheme will now be implemented from the week commencing **29th June 2020**.

In addition, due to social distancing requirements the borough is unable to hold any drop in events before the scheme is installed. However, there will be a dedicated project page for each location on our digital platform at <https://lewishamcovidtransport.commonplace.is/>, including a list of frequently asked questions, which will enable you to provide feedback – please sign up to ensure you are kept up to date with proposals. There will also be advanced warning notices and signage placed on affected streets. If you don't have access to the internet please write to us at Highways and Transport, 5th Floor Laurence House, Catford, SE6 4RU, and we will do our best to respond. Please ensure that the envelope is clearly marked with 'Lewisham and Lee Green HNP – community led traffic reduction'.

### How do I stay informed?

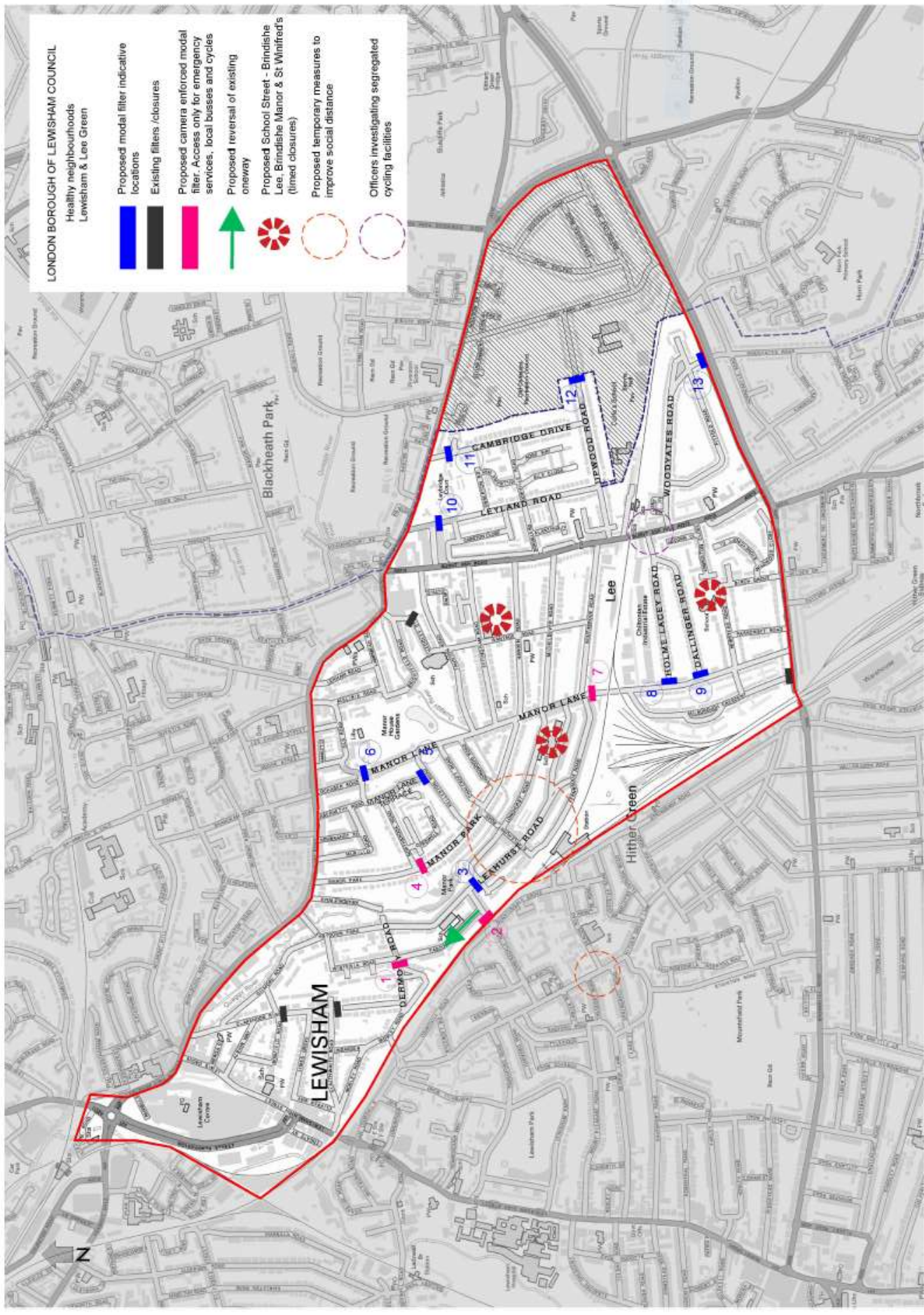
Visit project website at <https://lewishamcovidtransport.commonplace.is/>  
Visit Council project website at [www.lewisham.gov.uk/walkandcyclecovid19](http://www.lewisham.gov.uk/walkandcyclecovid19)

The following page highlights the affected areas :

To view the full document from Lewisham Highways and Transport team please click [here](#)

LONDON BOROUGH OF LEWISHAM COUNCIL  
Healthy neighbourhoods  
Lewisham & Lee Green

- Proposed modal filter indicative locations
- Existing filters /closures
- Proposed camera enforced modal filter. Access only for emergency services, local buses and cycles
- Proposed reversal of existing one-way
- Proposed School Street - Brimdishe Lee, Brimdishe Manor & St Winifred's (lined closures)
- Proposed temporary measures to improve social distance
- Officers investigating segregated cycling facilities



NEW ROAD RESTRICTIONS IN EFFECT FROM MONDAY JUNE 29TH

**REOPENING FROM JULY 4** 

- RESTAURANTS AND CAFES
- BARS AND PUBS
- HOTELS AND B&BS
- HOLIDAY HOMES
- CAMPsites AND CARAVAN PARKS
- PLACES OF WORSHIP
- LIBRARIES
- COMMUNITY CENTRES
- MUSEUMS AND ART GALLERIES
- WORKPLACE CANTEENS
- CINEMAS
- BINGO HALLS
- THEATRES AND CONCERT HALLS
- SOCIAL CLUBS, MODEL VILLAGES
- BARBERS AND HAIR SALONS
- INDOOR ATTRACTIONS AT AQUARIUMS
- OUTDOOR PLAYGROUNDS AND OUTDOOR GYMS
- FUNFAIRS, THEME AND ADVENTURE PARKS, ARCADES
- INDOOR LEISURE CENTRES AND FACILITIES INCLUDING INDOOR GAMING
- ZOOS AND SAFARI PARKS, FARMS AND WILDLIFE CENTRES

**REMAINING CLOSED AFTER JULY 4** 

- MASSAGE, TATTOO & PIERCING PARLOURS
- BOWLING ALLEYS
- ICE SKATING RINKS
- INDOOR PLAY AREAS
- SPAS
- NAIL BARS AND BEAUTY SALONS
- NIGHTCLUBS
- INDOOR FITNESS AND DANCE STUDIOS
- INDOOR GYMS AND SPORTS VENUES AND FACILITIES
- EXHIBITION AND CONFERENCE CENTRES WHERE USED FOR EXTERNAL EVENTS
- SWIMMING POOLS AND WATER PARKS

Be sensible, be safe. With more and more places opening the need for social distancing is still vital. It is selfish to ignore and disregard keeping your distance and places you and those close to you at risk.

**PROTECT YOURSELF**

**PROTECT YOUR FAMILY**

**USE COMMON SENSE**

**KEEP YOUR DISTANCE**

**STAY SAFE**

**WEAR YOUR FACE MASK WHERE NECESSARY**



**LARGE GROUPS – 'MEETING YOUR MATES'**  
Keep to small gatherings in the open



**PARKS – Don't join the crowds**



**BUSES/TRAINS – Opt to walk or cycle**

**BEACHES – Is it worth the risk!**



**OUTDOOR CAFES – choose ones adhering to the rules**



Moses Barker  
Custard Tarts



Tauseef  
Coconut Ice

Mrs. Blunden was very impressed with the efforts of her pupils cooking up a storm at home.

Well done to everyone



Ryan Lalaj  
Roasted Levi roots soup



Celia Sandrat  
Salad



Shianne Henry  
Salad in a Jar!



MS Di Ricci  
Roasted roots soup



Nieve Cox Steele  
Fried chicken



Alex G  
Salad



Felix  
Father Day

A total of 30 students from 7Gr1 and 8Gr2 are taking part in the United Kingdom Mathematics Trust (UKMT) Junior Mathematical Challenge. Students will complete the challenge online on Wednesday 1<sup>st</sup> July. The Challenge is a national competition and demands excellent problem-solving skills.



**United Kingdom  
Mathematics Trust**

We're delighted to announce that JMC2020 will be going ahead in June despite the continuing closure of school premises. We are taking the JMC online!

## Promoting a love of problem solving

The Junior Mathematical Challenge is a 60-minute, multiple-choice competition aimed at students across the UK.

It encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems.

The problems on the Junior Mathematical Challenge are designed to make students think. Most are accessible, yet still challenge those with more experience.

What is the value of  $P + Q + R$  in the multiplication on the right?

		$P$	$Q$	$P$	$Q$
	$\times$		$R$	$R$	$R$
6	3	9	0	2	7

A 13    B 12    C 11    D 9

(Answer in next weeks' newsletter?)

“Following on from the success of last week’s Sustainable Cities competition, here is another technological challenge for you. In our changing world a lack of space is a major problem, urbanization is growing across the planet and more people worldwide now live in towns & cities than in the countryside. This has never happened before and means that living spaces need to be adaptable and flexible to meeting the needs of a growing urban population. CAN YOU DESIGN THE PERFECT “MICROFLAT?”

Get creative, draw up a plan : : Size of microflat – give square meterage! What is your clients requirements – (ie large kitchen- enjoys cooking or perhaps small and functional for the ‘non-cook’. Large bathroom – likes a bath tub or smaller with large walk-in shower or perhaps a ‘Wet room’. Bedroom – wants facing window, wardrobes! Sliding or walk-in! Visible or hidden! Lounge – with TV viewing area or perhaps a study area. Once you have your plan you can then design and draw. Tip <https://citu.co.uk/citu-home> sustainable materials/energy /carbon footprint

Remember to look at energy saving, recycling and environmentally friendly ideas

## STUDENT GUIDE: SUITABLE FOR AGE 11-14

# How can we live smarter?

## 1 Microflats



### Your challenge

Imagine you’re in charge of designing comfortable living spaces in a very crowded city. The population is high, so there’s not a lot of space available. A new client has come in to ask you to design their microflat. The space is very small, but the client wants a comfortable place to live. Everything inside needs to be considered very carefully so no space is wasted!

**YOUR TASK** Think carefully about how you can make use of a very small space, and design a multipurpose microflat!

### WHAT YOU NEED TO DO

- 1 First, think about what your client will need in their living space. What is absolutely necessary and what is nice to have but not essential? It may be helpful to create a backstory about your client to help you decide. For example, a client who loves cooking might need more kitchen space. Make a list or ranking of what the space must include.
- 2 Find out how much space is available in the microflat.
- 3 Think of the shape of your flat. Sure, you can start with a square, but why not an L-shape? Tip: to keep it simple, stick to using square walls rather than circles.
- 4 Mind map what type of furniture you want to include in your home. Think about what you need as an absolute minimum. Beds that double as tables when folded up? A TV which can be folded upwards and hang up on the ceiling? Moveable walls that slide along the floor when they need to be moved out of the way? Make a list!
- 5 Draw the shapes of your furniture, sticking to realistic sizes. Sketch important shapes and colour them in before cutting them out.
- 6 Fill up your flat with your cuttings. Try to find the best fit for your clever furniture to make your house comfortable and original.
- 7 Once your design is complete, present it to the rest of the group who will act as your client. What is their feedback? Are



- 1 While they’re not for everyone, microflats actually help you save money and energy (which reduces your carbon footprint, and is good for the environment!).
- 2 Perhaps the greatest advantage of having a much smaller living space is that it also significantly reduces the time you need to spend on cleaning.

## Trinity Secondary Virtual Sports Day Week Challenge



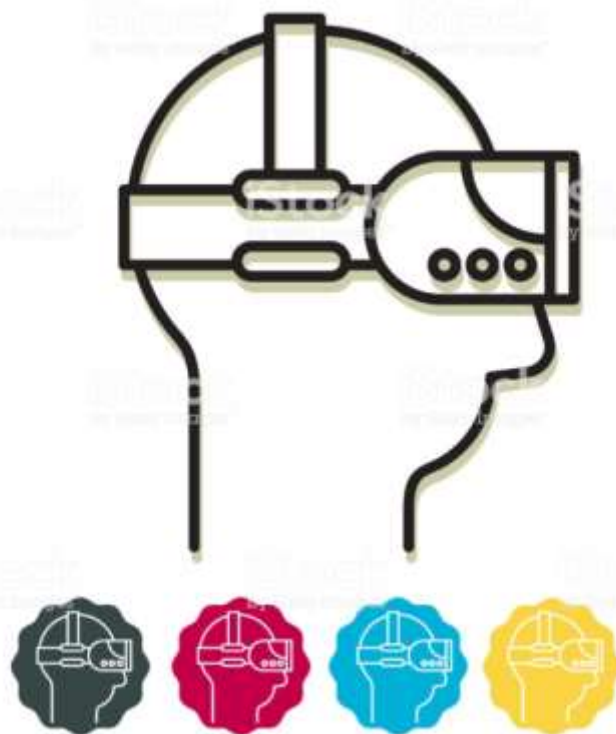
Next week is

**Sports Day week** organised by the PE department.

Make sure you check **WEDUC** on Monday to know what you need to do to win points for your **Family Group**.

Which family group will win!?

Family Group Leaders can get involved as well 😊



# Trinity PE Department Report – Friday 26<sup>th</sup> June 2020

Trinity staff has returned to work this week and it is great to see how many of us are cycling to work now, this will prevent the use of public transport, improve their fitness and also help the planet when we leave our cars at home.

This week we have **Mr. Teuten** and his routine of home exercises and running plus **Mrs. Kelly** commitment to cycling for a better healthy lifestyle. Next week we will have **Mrs. Hanlon** and **Mr. Williams**.

This week I would like to talk about diet, many of us decided during lockdown to get healthier, either by starting to exercise on a regular basis or improving our diet, and sometimes both. However, others may have found lockdown difficult, eating unhealthily and not exercising enough.

I have found a great video to improve diet by making some simple changes to their daily meals.

Just click on this link – [The Best Meal Plan to Lose Fat Faster](#)

Exercise has quite literally saved me from going crazy. When lock down began the thought of staying locked in my apartment, not being able to get to the gym or go for a walk terrified me. I'm restless by nature and even a few hours sat in the same room has me bouncing from the walls. So early on I tried to devise some sort of fitness routine to keep me in check. Mindful of the lock down rules it has been adapted over the weeks but the basis has stayed the same; a combination of cardio and home workouts to help me stay fit but more importantly sane.



See below:

Monday: 8 km run	Friday: Home work-out
Tuesday: Home work-out	Saturday: 10 km run
Wednesday: Rest	Sunday: Rest
Thursday: 5 km run mixed with homework-out	

Home work-out ideas have been flying around online since lock down began. Some good free ones that I've been using are:

- Matrix Press-up Work out: <https://www.menshealth.com/uk/workouts/g752607/tom-hardy-bane-workout/>
- Pop Sugar YouTube videos: [https://www.youtube.com/watch?v=\\_Zem0\\_qsDg0](https://www.youtube.com/watch?v=_Zem0_qsDg0)

## Mr Teuten – History Teacher



To keep fit during lockdown I have been doing Joe Wicks videos twice a week (not at 9am - far too early for me to be jumping around!). My daughter and I do them in the living room a bit later in the day and shake the house with our bunny hops and star jumps! I also do a Pilates class twice a week remotely. It is so good for your core strength and stretching those muscles that get tight from doing Joe Wicks' exercises. I also have a dog that needs walking every day which is great when it's sunny but far less enjoyable when it's raining!

## Mrs Kelly – TA

### Trinity School Strava FITNESS Challenge!



**ATTENTION:** All Students, staff and parents

During this time of 'lockdown' where the government is encouraging [us](#) to go out for our daily exercise (obviously abiding by the social distancing rules) why not set yourselves a bit of a **FITNESS**, yes keeping fit! **Challenge**.

I have created a "[trinity-school-pedepartment-lewisham](#)" Strava Club.

Strava is a great way of tracking the exercise you and your friends (and teachers!) have been doing. This can be anything from a short jog around the block, walking to the shop for a pint of milk or a longer walk with family over the weekend. Why not set yourself a challenge of seeing how long it takes you to run a mile? How about 2? Can you improve on this time?



Are you a budding space enthusiast? Explore the universe with a series of entertaining space science themed videos for all ages, created by the **Royal Museums of Greenwich** astronomy team. Discover what the universe is made of, what Mars is like, if there are aliens or learn about Newton's laws of motion.



Visit: <https://www.rmg.co.uk/schools-communities/learning-resources/learning-from-home>

Then get creative with a range of activities to do at home with the **Royal Museums Greenwich**. Make a fish kite, some Antarctic animals or create a signal flag message or your own ship in a bottle.



Visit: <https://www.rmg.co.uk/family-activities>



Cook up a classical feast with the **British Museum**. Bored with banana bread or sick of sourdough? Whip up a feast with nine recipes originating from ancient Greece and Rome, from honey glazed prawns and pancakes with honey and sesame seeds to Roman cheesecake.



Visit: <https://www.britishmuseum.org/>



The **National Portrait Gallery** is holding the **BP Portrait Awards 2020**, with over 1,981 entries from 69 countries reduced to the final exhibition comprising 48 works. Do you have a favourite from this year's show? **The Visitors' Choice** offers online exhibition goes the opportunity to vote for their favourite portrait in the show. You can see this year's finalist's exhibition and cast your vote online.



Visit: <https://www.npg.org.uk/whatson/bp-portrait-award-2020/exhibition/exhibitors/>

YOUNG PEOPLE'S GUIDE TO  
**SELF**  
PORTRAITURE

National  
Portrait  
Gallery

Discover more about self-portraits with the **National Portraits Galleries "Young Peoples Guide to Self-Portraiture"**. Explore themes such as how do artists reveal their identity in self-portraits, what is the difference between a selfie and a self-portrait and do artists consider class, race or gender in self-portraiture.



Visit: <https://www.npg.org.uk/whatson/self/home/>



**Make and create** with the **National Portrait Gallery's** family resources. Find a range of activities to do at home, including games, stories, galleries and art projects based on portraits throughout history.



### Time Switcher

Go on an adventure through history to meet famous faces around the Gallery



### Talking Heads

3D portraits! Create 3D portraits of your family and friends



### Art with Spark

Join Spark to learn to create your own portraits.

Visit: <https://www.npg.org.uk/learning/families/>



## Windrush Stories

Visit **Windrush Stories**, the **Museum for London Docklands** online exhibition. Listen to never before heard personal stories or discover the museums extensive articles and photography collection, exploring the history of the afro-Caribbean community in London



Visit: <https://www.museumoflondon.org.uk/museum-london> discover how it changed London cover how



# Careers at Trinity

## Explore Your Future with



At this time it is increasingly important for student to explore all their career options and pathways to help prepare for and to navigate an uncertain future job market.

By using **Start**, the innovative online careers resource used at Trinity, students can connect with their future career potential, develop their employability and help explore future career and study options.

- Students can login to their own account and can access **Start** anytime, anywhere, on computers and compatible mobile and tablet devices.
- Students can personalize their profile on **Start** with details about their skills, qualities, interests and work preferences, providing a starting point to explore information matched to personal preferences and interests.
- As students update their profile, **Start** will personalize this information, helping to navigate the thousands of jobs, courses, providers and opportunities available.
- Students can continue their career learning with a series of home learning modules.
- Start will help students to understand where they are on their journey and what's important as they make their choices at GCSE, post-16 and post-18.



## For Parents

We encourage parents to use **Start** with your children at home to support their career learning and decision making process. Help your child explore job roles, industry sectors, GCSE and post-16 options, rating jobs, qualifications, colleges or universities so that their preferences can be used to help make informed decisions.

Parents can also use **Start** to find out more about jobs, training and study opportunities available for yourself. Please do not login using your child's user details, instead register yourself, creating your own username and password, simply visit <https://www.startprofile.com/> and create your own account.

To find out more about **Start** visit: <https://guest.startprofile.com/my-profile>



# What Are the Challenges to Sleep During a Pandemic?

Millions of people suffered from insomnia before the coronavirus, and unfortunately, the pandemic creates a host of new challenges even for people who previously had no sleeping problems.

## Disruption of Daily Life

Social distancing, school closures, quarantines, working-from-home: all bring profound changes to normal routines for people of all ages and walks of life.

- It can be difficult to adjust to a new daily schedule or lack of a schedule.
- Keeping track of the time, and even the day, can be hard without typical time “anchors” like dropping kids at school, arriving at the office, attending recurring social events, or going to the gym.
- Being stuck at home, especially if it has low levels of natural light, may reduce light-based cues for wakefulness and sleep, known as *zeitgebers*, which are crucial to our circadian rhythm.
- If you are not working at the moment or your weekly hours have been decreased due to COVID-19, you may be tempted to oversleep each morning. Sleeping more than seven to eight hours per night can make waking up on time much more difficult, even if you use an alarm. Oversleepers may also feel groggy, irritable and unfocused throughout the day.

## Excess Screen Time

- Whether it’s checking the news on your phone, joining a Zoom with family, binge-watching Netflix, or putting in extra hours staring at a computer while working-from-home, social distancing can mean a huge increase in screen time.
- Excess screen time, especially later in the evening, can have a detrimental impact on sleep. Not only can it stimulate the brain in ways that make it hard to wind down, but the blue light from screens can suppress the natural production of melatonin, a hormone that the body makes to help us sleep.

## Guidelines to Sleeping Well During the COVID-19 Outbreak

In spite of the daunting challenges, there are a handful of steps that can promote better sleep during the coronavirus pandemic.

If these efforts don’t pay off immediately, don’t give up. It can take time to stabilize your sleep, and you may find that you need to adapt these suggestions to best fit your specific situation.

## Set Your Schedule and Routine

Establishing a routine can facilitate a sense of normalcy even in abnormal times. It’s easier for your mind and body to acclimate to a consistent sleep schedule, which is why health experts have long recommended avoiding major variation in your daily sleep times.

Sleep-specific aspects of your daily schedule should include:

- **Wake-Up Time:** Set your alarm, bypass the snooze button, and have a fixed time to get every day started.
- **Wind-Down Time:** This is an important time to relax and get ready for bed. It can involve things like light reading, stretching, and meditating along with preparations for bed like putting on pyjamas and brushing your teeth. Given the stress of the coronavirus pandemic, it’s wise to give yourself extra wind-down time each night.
- **Bedtime:** Pick a consistent time to actually turn out the lights and try to fall asleep.

In addition to time spent sleeping and getting ready for bed, it can be helpful to incorporate steady routines to provide time cues throughout the day, including:

- Showering and getting dressed even if you aren’t leaving the house.
- Eating meals at the same time each day.
- Blocking off specific time periods for work and exercise.

## Reserve Your Bed for Sleep

Sleep experts emphasize the importance of creating an association in your mind between your bed and sleep. For this reason, they recommend that sleep be the only activities that take place in your bed.

This means that working-from-home shouldn't be working-from-bed. It also means avoiding bringing a laptop into bed to watch a movie or series.

On any given night, if you find that you're having a hard time sleeping, don't spend more than 20 minutes tossing and turning. Instead, get out of bed and do something relaxing in very low light, and then head back to bed to try to fall asleep.

Frequently changing your sheets, fluffing your pillows, and making your bed can keep your bed feeling fresh, creating a comfortable and inviting setting to doze off.

## See the Light

Exposure to light plays a crucial role in helping our bodies regulate sleep in a healthy way. As you deal with disruptions to daily life, you may need to take steps so that light-based cues have a positive effect on your circadian rhythm.

- If you can, spend some time outside in natural light. Even if the sun isn't shining brightly, natural light still has positive effects on circadian rhythm. Many people find outdoor time is most beneficial in the morning, and as an added bonus, it's an opportunity to get fresh air.
- As much as possible, open windows and blinds to let light into your home during the day.
- Be mindful of screen time. The blue light produced by electronic devices, such as mobile phones, tablets, and computers, has been found to interfere with the body's natural sleep-promoting processes. As much as possible, avoid using these devices for an hour before bed. You can also use device settings or special apps that reduce or filter blue light.

## Stay Active

- It's easy to overlook exercise with everything happening in the world, but regular daily activity has numerous important benefits, including for sleep.
- If you can go for a walk while maintaining a safe distance from other people, that's a great option. If not, there is a wealth of resources online for all types and levels of exercise. Many gyms and yoga and dance studios are live-streaming free classes during this period of social distancing.

## Utilize Relaxation Techniques

Finding ways to relax can be a potent tool in improving your sleep. Deep breathing, stretching, yoga, mindfulness meditation, calming music, and quiet reading are just a few examples of relaxation techniques that you can build into your routines. If you're not sure where to get started, check out smartphone apps like Headspace and Calm that have programs designed for people new to meditation.

Another relaxation strategy during this pandemic is to avoid becoming overwhelmed by coronavirus-related news. For example, you can try techniques including:

- Bookmarking one or two trusted news sites and visiting them only during a limited, pre-set amount of time each day.
- Cutting down the total time that you spend scrolling on social media. If you want a hand in this effort, a number of apps can monitor and even block your time on social media sites or apps each day.
- Scheduling phone or video calls with friends and family and agreeing in advance to focus on topics other than the coronavirus.

## Watch What You Eat and Drink

- Keeping a healthy diet can promote good sleep. In particular, be cautious with the intake of alcohol and caffeine, especially later in the day, as both can disrupt the quantity and quality of your sleep.

## Contact Your Doctor if Necessary

- If you have severe or worsening sleep or other health problems, it is advisable to be in touch with your doctor. Many doctors are increasing availability via email or telemedicine to allow patients to discuss concerns without having to physically visit their office.