



KOWLOON
JUNIOR SCHOOL
九龍小學

Success for Every Child



Date: 22 Feb 2024



Dear Parents and Caregivers,

We are excited to invite you to a captivating webinar organised by the ESF Educational Psychology Team.

Lights Out, Sweet Dreams: a Practical Webinar on Sleep for Parents and Caregivers

In this webinar, we will explore the fascinating world of sleep science and provide valuable insights into understanding sleep needs across different ages. ESF Educational Psychologists Dr Rachael Edwards and Dr Steff Ho will share practical strategies to promote healthier and more restful sleep for children, young people and families. Better sleep leads to better physical and mental health, increased focus, and improved academic outcomes. We want to highlight the importance of sleep in supporting your child to be the best that they can be.

Date and Time: Thursday, 14 March, from 6:00 pm to 7:00 pm.

This webinar is open to all ESF parents, caregivers, and staff. Take advantage of this opportunity to enhance your knowledge and positively impact your family's sleep routine.

Click on the registration link below to secure your spot:

[Registration Link](#)

If you have any questions or require more information, please do not hesitate to contact ep.service@esfcentre.edu.hk

We look forward to you joining us for this informative and engaging session!

Kind regards,
ESF Educational Psychology Team

