

## Appendix 2

[PLEASE NOTE: This is a pre-publication version and so is content only; this version not yet been formatted for publication]

Light from electronic devices at night delays the release of melatonin – our sleep-inducing hormone, while teenagers can find that social media and news stories stay with them as they drift off. As a household, can you aim to be 'device-free' for at least one hour before bedtime? [Find out more](#)

<https://www.sleepfoundation.org/articles/why-electronics-may-stimulate-you-bed>

**'GETTING BACK TO SCHOOL' - DEVICES**

Light from electronic devices slows our natural sleeping process.

Could you be 'device-free' at least one hour before bedtime?

[www.sleepfoundation.org/articles/why-electronics-may-stimulate-you-bed](http://www.sleepfoundation.org/articles/why-electronics-may-stimulate-you-bed)

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The infographic features two photographs: the top one shows a man and a young boy looking at a tablet together, and the bottom one shows a woman and a young girl sitting on a bed, with the girl pointing at a laptop screen.

Take the pressure out of packed lunches. The NHS Change4Life have lots of smart ideas for families looking for their next healthy, low cost lunch – included lots of interesting alternatives for packed lunches. [See lots of Ideas here.](#)

[Full url] <https://www.nhs.uk/change4life/recipes/lunch#featured-recipes>

**GETTING BACK TO SCHOOL: HEALTHY EATING**

These low cost meal ideas can help everyone liven up their lunchtime!

[www.nhs.uk/change4life/recipes/lunch](http://www.nhs.uk/change4life/recipes/lunch)

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Our routines may have changed, meaning many of us have been going to bed later, and waking up later. Getting regular good quality sleep is one of the main ways of maintaining our physical and mental wellbeing, with young inquisitive minds needing more sleep than most. [More info here.](#)

<https://www.sleepfoundation.org/articles/how-much-sleep-do-kids-need>

**'GETTING BACK TO SCHOOL' - SLEEP**

Routine for kids is key.

Try bringing bedtime forward by 15 mins, and the same for getting up.

Try it for 5 days, then gradually shift the time so it fits in with school hours.

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

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Walking or cycling offers a range of health benefits, as well as protecting the environment and improving the air quality around us. For your school run, could you 'ditch the driving' in favour of healthier travel?

[links] <http://www.cambridgeshire.gov.uk/cycle-maps>

<http://www.bikemap.net/en/l/2640354/>

**'GETTING BACK TO SCHOOL' - ACTIVE TRAVEL**

Most car journeys in the UK are under 5 miles

Could you find a better route by bike or on foot using our local maps?

[www.cambridgeshire.gov.uk/cycle-maps](http://www.cambridgeshire.gov.uk/cycle-maps)  
AND  
[www.bikemap.net/en/l/2640354/](http://www.bikemap.net/en/l/2640354/)

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Vaccinations help protect your child from preventable disease and curb additional pressures on the NHS.

Please check that your child is up to date with their vaccinations as they return to school. Pre-school jabs include: 2<sup>nd</sup> MMR dose, 4-in-1 pre-school booster and flu. This year, the flu vaccine will be available for all children aged 2-11 years. For more information and a checklist of the vaccines available to you and your family check your child's red book, visit [www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations) and/or contact the immunisation team on [ccs-tr.cambsimmsteam@nhs.net](mailto:ccs-tr.cambsimmsteam@nhs.net)

**'GETTING BACK TO SCHOOL' - VACCINATIONS**

Vaccinations protect your child from preventable diseases, keeping additional pressures off the NHS.

Make vaccinations part of your child's back to school plans.

[www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations)  
Or email:  
[ccs-tr.cambsimmsteam@nhs.net](mailto:ccs-tr.cambsimmsteam@nhs.net)

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'Getting back to school' can be stressful at the best of times, but this year we may find that children and young people are even more anxious than usual. They have a lot to get their heads around, but thankfully the Keep Your Head website has lots of great resources to support children, and parents.

[Have a look](#)

<https://www.keep-your-head.com/cyp>



**'GETTING BACK TO SCHOOL' - WELLBEING**

Joining or returning to school can be stressful, and this year things might be a little heightened.

Keep Your Head have great resources to help young people, and parents.

[www.keep-your-head.cyp](http://www.keep-your-head.cyp)

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