

**EOTAS Swindon**  
**Education Other Than at School**  
**Head Teacher:** Juliette Baldwin  
**Head Office:**  
The Fernbrook College  
Ferndale Road  
Swindon, SN2 1HL

**Tel:** 01793 828941  
**Website:** [www.eotas.org.uk](http://www.eotas.org.uk)  
**Email:** Admin@eotas.swindon.sch.uk

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Dear Parents & Carers,

With the clocks going forward we are officially in British Summertime. You may have noticed your child struggling to sleep with the lighter evenings. I have attached some handy sleep hygiene resources that hopefully will support with sleep hygiene.

We are also approaching exam season which as we know can increase stress levels, therefore I have attached a resource to support with this also.

The Pastoral & Welfare Team would like to take this opportunity of wishing you safe and happy Easter holidays and look forward to seeing you in the new term.

Best Wishes,

Sally Banks  
Pastoral & Welfare Team