

**ABSA  
TRAINING  
ACADEMY**

Boarding Professional Development

# ON DEMAND CERTIFICATE COURSE

**80**  
PD POINTS



## Sleep Management in a Boarding School Setting

### WHEN:

Available On-Demand  
with recorded sessions  
Weekly session drops -  
19 May, 26 May, 2 June, 9 June

### WHERE:

Zoom and  
ABSA Online Learning Platform

### WHO:

All Boarding Staff

### COST:

\$250 inc GST per person -  
not part of webinar bundle

### HOW:

#### Register Online:

[www.boarding.org.au/training-academy/certificate-courses/registration](http://www.boarding.org.au/training-academy/certificate-courses/registration)

Supporting the wellbeing of boarders starts with understanding the foundations of healthy sleep. This certificate course offers essential training for all boarding school staff who want to better support students with their mental, emotional, and physical development by fostering healthy sleep routines.

With adolescents facing increasing pressure from academics, extracurricular commitments and screen time, sleep can often fall by the wayside—yet it is a cornerstone of successful learning, behaviour management and resilience. Through this course staff will gain the confidence and skills to identify poor sleep habits, implement practical changes within the boarding setting, and advocate for the importance of sleep among boarders and their families.

Delivered by experts in sleep science and adolescent health, this course provides evidence-based insights tailored to the unique needs of boarding environments.



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### Finish By Date:

This course is to be completed by Friday 2 October 2026. After this date the course materials will no longer be accessible, and a certificate cannot be awarded.

### Cancellation Policy

Cancellations received one week prior to commencement date will not be charged. Cancellations after this date will be given no refund, however registrations may be transferred.

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## Course Details

### Certificate Courses

As part of the professional learning opportunities offered by ABSA there is a range of Certificate Courses specifically aimed at professionals working in boarding schools. These certificates concentrate on one key aspect of learning and provide those undertaking the courses with in-depth knowledge of the topic. These also allow participants to obtain Continuing Professional Development points, ensuring the requirement of the Boarding Standard for Australian Schools and Residences to take part in continuous boarding specific learning can be tracked.

### Course Structure - over the four weeks

- **Module 1: Understanding Sleep as a Biological Imperative**
- **Module 2: Exploring Sleep Cycles: REM and Non-REM Stages**
- **Module 3: Adolescent Sleep Requirements and Challenges**
- **Module 4: The Consequences of Sleep Deprivation**
- **Module 5: Case Studies and Supporting Data**
- **Module 6: Practical Applications and Resources**
- **Module 7: Key Takeaways and Action Planning**
- **Module 8: Closing Activities**



### Objectives

- To provide boarding school staff with an in-depth understanding of the role of sleep in overall well-being and academic success, equipping them with knowledge to improve student outcomes.
- Basic sleep physiology understanding.
- Adolescent sleep requirements.
- Sleep deprivation consequences.
- Evidence-based intervention effectiveness.
- Implementation strategies for boarding schools.

### Elements

- Webinars
- Readings
- Quizzes
- Tools and Resources