

Wellbeing Newsletter

Welcome to our Spring #1 Edition

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying different activities for each step can help you and your children feel more positive and able to get the most out of life.



The **NSPCC** have some great tips and support for parents/carers at home with children during this

NSPCC

National Lockdown: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/coronavirus-parents-working-from-home/>

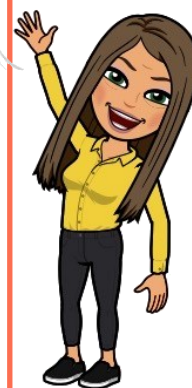
Feeling of the Week!

This week, we have decided to focus on **anxiety** and **worry**. The COVID-19 pandemic is a new and uncertain time for all of us, so it is only natural that it will affect our mental health in different ways. However you are feeling right now is **valid**. With the right help and support, we can get through this.

Parents/Carers: You might be feeling anxious about the Home Learning. Do not panic. **You are all doing an EXCEPTIONAL job and we are proud.** Try to have a structure to the day; plan in breaks for you and the children. Do not worry about your children doing everything, every family is different—do what you can. Finally, do not compare yourselves to others! Circumstances are different. **Remember, we are here to support you.**

Pupils: Our pupils may be feeling anxious as they are not seeing their friends, learning in a new way and not seeing all family. We will get through this. Use technology to communicate where possible. **DO YOUR BEST** with your Home Learning. Your best is good enough.

For more advice, visit: <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>



Storyline Online

This is a great website with stories children can listen to being read by many different people!

It can also be accessed by typing 'Storyline online' into YouTube.

A story for all ages!

<https://www.storylineonline.net/>

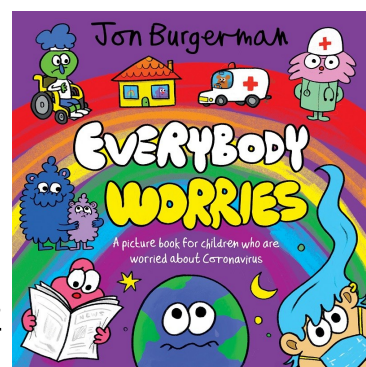
Story Time: Everybody Worries

Watch the following story: <https://www.youtube.com/watch?v=RbL2QGx2E6U>

Remember this quote from the story:

'Sharing our worries can make us feel better.'

Discuss this story with your children, find out how they are feeling since the National Lockdown was announced.



5 Ways to Wellbeing	Spring #1 - Week 1
Connect	♥ Call/video call somebody to check-in . It is important to check-in on people at this difficult time.
Be Active	♥ Try to get outside for a walk with the family to have a break from screens!
Take Notice	♥ Take notice of the positive things each day; write them down so you can look back on them!
Keep Learning	♥ Find a new book to keep you busy and keep your mind learning.
Give	♥ If you are able to, offer to collect some shopping to support someone who may need it.

If you would like, share with Miss Bartlett what you have done! She'd love to know!