

WELL-BEING NEWSLETTER

March 2020

PARENT/CARER Issue 1



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Welcome to the first issue of our 'Work Hard; Be Kind; Well-Being' Newsletter!

There'll be an issue of this newsletter at the end of each month until the end of this academic year (July).

This is your 'one stop shop' for information and resources to support you during your children's time out of school.

Please also see our newsletter for pupils in addition to this one for you.



Lots of people are feeling stressed, overwhelmed and under pressure by everything that's happening. This may include the work being sent home for your child. It is new to the staff, children and parents and we are all at sea without our usual routines. Many of the staff have their own children so they know how tricky it is to work from home and help with their children's home-learning and keep the children entertained for the rest of the day. Minimising stress is absolutely vital in a time like this for mental health. Don't let the school work be something that stresses you. Don't panic if you are not able to get everything done, or if you are having some technical issues. If you are having difficulty and need support with the work please contact your teacher by email, Tapestry or Purple Mash. If you are having trouble with accessing Purple Mash or Tapestry please email office@mischool.co.uk and your query will be forwarded to someone who can help you. It is great to see via Tapestry that children are outside playing, gardening, they are baking, reading, exercising - all excellent learning activities.

What is 'Well-Being'?

It's a term we hear a lot but what does it mean?

Dictionary definitions tell us that it's about comfort, health and happiness. Essentially, it's about our emotional as well as our physical health: keeping our minds and our bodies healthy!

Here's a short video which might give you some ideas about what 'Well-Being' means <https://www.youtube.com/watch?v=oSIWo5nxF2A> and another one with ideas for how you could develop yours:

<https://www.youtube.com/watch?v=yF7Ou43Vj6c>. Aimed at children but applicable to adults, too!

Information, Guidance and Updates

Government response to COVID-19 – this includes the latest announcements and guidance/information/announcements to date <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Information and guidance for employees, employers and businesses <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>

Support

Directory:

- The Samaritans offer emotional support 24 hours a day - in full confidence. Call 116 123 - it's **FREE** or email jo@samaritans.org.uk - <https://www.samaritans.org>
- <https://www.mind.org.uk/>
- <https://www.nhs.uk/>
- <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Supporting Children:

- Supporting children to cope without school <https://www.bbc.co.uk/news/uk-politics-51959957>
- Talking to children about world news <https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news>

Supporting Ourselves:

- Looking after your own mental health during this period: <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- Well-Being <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing>

Activities and Resources

For all

Amazon has cancelled the subscription of books and audio stories at 'audible' for children and students of all ages as long as schools are closed. All stories are free to stream on your desktop, laptop, phone or tablet via <https://stories.audible.com/start-listen>

Primary

Use the packs from school and check out any additional resources on school's website to keep their learning going!

BBC Super Movers

KS1 - <https://www.bbc.co.uk/teach/supermovers/ks1-collection/zbr4scw>

KS2 - <https://www.bbc.co.uk/teach/supermovers/ks2-collection/zr4ky9q>

PE with Joe

Live every day at 9am – link to first session here -

<https://www.youtube.com/watch?v=Rz0go1pTda8>

For You and for Families

Places you can visit online – you can access some of the world's most amazing and famous places, galleries and museums from your house! Links to suggestions for this week:

British Museum <https://britishmuseum.withgoogle.com>

National Gallery of Art, Washington D.C.

<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>

Ideas for supporting your child's learning and well-being whilst at home

<https://news.sky.com/story/coronavirus-homeschooling-five-ways-to-keep-your-kids-learning-happy-and-healthy-11959988>

'Here's One I Tried Earlier'

This is where we'll share your ideas, tips and suggestions. This could include: a recipe to try; suggestions for in-door sports and games; arts and crafts activities; ways in which you've used an activity or resource from this newsletter and your 'top tips' for doing it; any ideas that you've had from your experiences so far. All ideas, tips and suggestions will be curated by our team and published anonymously.

If you've got suggestions for 'Here's One I Tried Earlier', please email Well-Being@novaeducationtrust.net

Contact us

The main contact email to use for your school for general enquiries is office@rmischool.co.uk