

# WELL-BEING NEWSLETTER

April 2020

PARENT/CARER Issue 2



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## Welcome to the April 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.

### 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](mailto: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>

## Special Features

# COVID-19 Lockdown: Teachers, Parents and Carers



Living in isolation is a new experience for all of us. None of us really know how to navigate or look after ourselves in this situation. Here are some tips to help you stay feeling good during this strange time. Try some, see which suit you and see which make you feel better, keep you motivated, and help with energy levels.



### Routine

Keeping to a daily routine everyday will keep you feeling energised, motivated and happy.



### Control

Choose to focus on what you can control. You can take charge of your safety and the welfare of others by staying at home and following government guidelines.



### Sleep

A regular sleep pattern will improve mood, motivation and energy. Save a lie-in until the weekend.



### Being conscious of our thoughts

"Remember, don't believe everything you think. Thoughts are just that—thoughts."  
Allan Lokos



### Feelings

It's essential that we process and talk about our feelings during this time. Chat to someone who will listen and someone you can trust.



### Connection

Connection with others during this time is the most productive thing we can do.



### Limit listening to the news

Be conscious of how many times you listen to the news in one day. Be mindful of when you listen to it too.



### Stay active

Moving your body will only make you feel great! Exercise is essential for our mental and physical well-being.



### Keep a journal

A great way to process your feelings is to write them down. A journal is another way to practice gratitude. When we think about what we are thankful for, we can't think about what we are worried about.



### Environment

Being aware of the space we are living in will really benefit the way we feel. Try and keep your living and work space organised and separate.



### Nutrition

Fuelling your body with fresh fruit and vegetables will improve your physical and mental well-being.



### Hydration

Drinking lots of water will keep us hydrated and feeling good. When we are dehydrated it can have a real detrimental effect on our mood and energy level.



### Enjoyment

Do something that you enjoy every day. This simple tip will keep you feeling happy and fulfilled.



### Tech-free time

Try and limit how much time you sit in front of a screen. A varied visual diet is essential for our happiness.



### Relaxation

Find a way that you can relax every day. This will be different for everyone. Calming the body and mind will lower cortisol in the body, which will have a profound effect on many aspects of our life.



### Parenting/ Caring

The juggle during this time is interesting. I think the most important thing we can do as parents/carers is to give yourself some slack. We are all trying to do our best.



### One day at a time

Thinking about one day at a time makes the whole situation far less overwhelming.

Link to full article re. this infographic here: [ArticleBlog ParCarTea WellBeing RMJ April 2020.docx](#)

## 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>

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>

### 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/zr4ky9a>

### Secondary and Post-16

Students should keep logging into Microsoft Teams (and/or the packs sent home by school, if this is the case) and check out any additional resources on school's website to keep their learning going. This will also help them stay in touch with school virtually!

PE with Joe

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

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

### 'Here's one I tried earlier'

This is where we share your ideas, tips and suggestions.

*Design and make a pizza, research the nutritional value of content, work out how much each portion will cost, the origin of the ingredients you have chosen.*

*Nature cam network for animal lovers: <https://explore.org/>*

*Every day one member of the family sets a 20 question quiz on general knowledge and then the rest of us answer the questions. It's competitive fun and we are all learning lots of things we didn't know!!! Questions vary from historical, our planet, current affairs, Spanish phrases even the phonetic alphabet. It's such fun ! The topics are endless.*

*Scanning through past photographs and sending happy memory pictures to friends and family to cheer them up...it's gone down a treat. Lots of positive feedback it really is the simple things that matter.*

If you've got suggestions for 'Here's one I tried earlier', please email [Well-Being@novaeducationtrust.net](mailto:Well-Being@novaeducationtrust.net)

All ideas, tips and suggestions will be curated by our team and published anonymously. 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.

## Contact us

The main contact email to use for your school for general enquiries is

[office@westdalejuniors.co.uk](mailto:office@westdalejuniors.co.uk)

