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|  | WELL-BEING NEWSLETTER| **July 2020****PARENT/CARER Issue 5** |  |
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|  |  | Welcome to the June issue of our ‘Work Hard; Be Kind; Well-being’ newsletter!This the final issue of this newsletter this academic year. This is your ‘one stop shop’ for information and resources to support you during this period. Please also see our newsletter for pupils in addition to this one for you and our other newsletters/website messages. 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 updatesGovernment 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>

Special Features**The Breath** – an article by Rebecca Morgan-Jones Link to full article here: [AdultsKS45 The Breath blog article RMJ.docx](file:///%5C%5Ctorchacademy.co.uk%5C8912247%5CStaffHome%5C2247saja%5CDownloads%5CAdultsKS45%20The%20Breath%20blog%20article%20RMJ.docx)Activities and resources**For all** Being active: <https://thedailymile.co.uk/at-home/> Royal Horticultural Society (RHS) – bringing the outside inside: <https://schoolgardening.rhs.org.uk/News/News-results/National/2020/March/Bringing-the-sunshine-inside> Film, TV and Game recommendations: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/launching-bafta-kids-at-home-with-place2be/> Fun at home with authors and illustrators: <https://www.booktrust.org.uk/books-and-reading/have-some-fun/?q=&sortOption=AtoZ&pageNo=1?utm_source=place2be.org.uk&utm_medium=referral>Free reading, writing and audiobook resources: <https://literacytrust.org.uk/family-zone/>  Radio 4 – Desert Island Discs Podcast - https://www.bbc.co.uk/programmes/b006qnmr **‘Here’s one I tried earlier’**This is where we share your ideas, tips and suggestions. Schools to add in for this month with anything sent into them directly or to edit to just keep email contact**Contact us**The main contact email to use for your school for general enquiries is **[schools insert generic contact info. here]****Contact us**The main contact email to use for your school for general enquiries is **[schools insert generic contact info. here]** |  |
| 1. What is ‘well-being’?
2. Information, guidance and updates
3. Support
4. Special features
5. Activities and resources
6. ‘Here’s one I tried earlier’
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