

This week is Children's Mental Health Week. This year's theme is 'Express Yourself'. We are keen to promote this with staff, parents and pupils, as our mental health is important at this challenging time.

We are pleased to be supporting this actively through 'Daily Meet-Up' sessions this week and we are planning a Well-Being Day on Friday 12th February.

We feel that, after almost a full month of remote online learning, we all need to take a break from our screens for a day and engage in some different educational experiences that we might not normally make time for, **so on Friday 12th February please do step away from your computer and do something different.** Please send us your photos so we celebrate your achievements!

There are many free resources that can be adapted and can be found here: <https://www.childrensmentalhealthweek.org.uk/>

Assembly – why not watch this together - [free virtual assembly](#) with BAFTA Kids and Oak National Academy is now available.

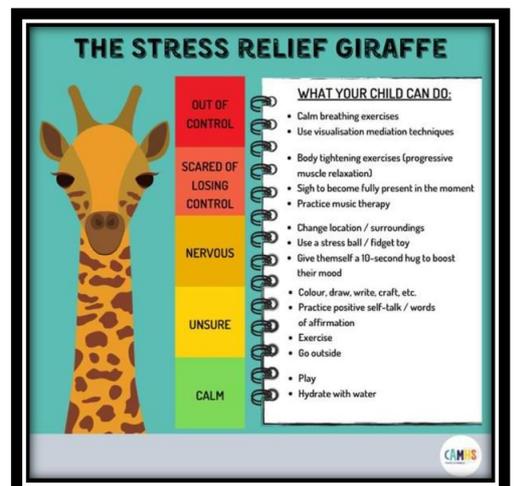
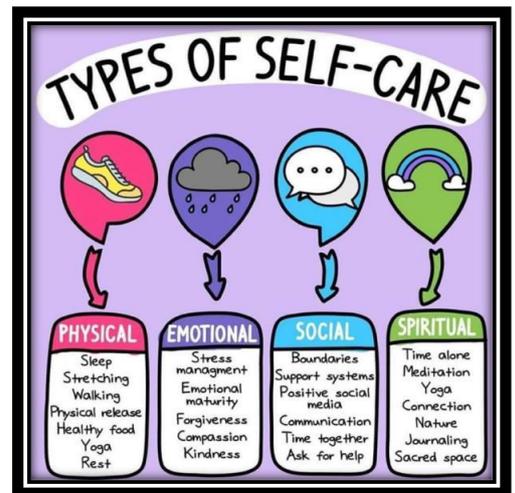
Food – healthy meal planner is the way forward. Why not try some of this recipes that children could make with you.

<https://www.bbcgoodfood.com/howto/guide/healthy-food-kids-will-love>

Sleep – Sleep is very important. It is recommended that children 3 to 5 years of age should sleep 10 to 13 hours per 24 hours (including naps) on a regular basis to promote optimal health. Children 6 to 12 years of age should sleep 9 to 12 hours per 24 hours on a regular basis to promote optimal health. There are some excellent 'Calming' Apps that you could try. <https://apps.apple.com/gb/app/moshi-sleep-and-mindfulness/id1306719339>

Exercise –

- Challenge - Walk a new route to the shop
- Challenge - Go to the park and throw a Frisbee or play cricket.
- Challenge - Try a new physical activity
- Challenge - Go cycling
- Challenge – Have a silent disco at home
- Challenge - Take a dance class



Singing with Mrs Copus



Relationships – We are all missing a hug right now but there are other ways to connect.

- Challenge - Go on a friend check in via the telephone or Zoom
- Challenge – Speak to someone by sending a postcard to them and you may even receive one back!
- Challenge - Have lunch with your family and make a carpet picnic spot
- Challenge - Make time for family with a game that you can learn together
- Challenge – FaceTime someone to share a thought or a new skill you have learnt

Try something new?

- Challenge - Revisit an old hobby
- Challenge - Fix something that is broken or give it a new lease of life
- Challenge - Go to a gallery (might have to be online at the moment)
- Challenge - Take a class (Joe Wicks, Ballet, Mindfulness, Dance)
- Challenge - Go to the woods and identify trees, birds or find signs of Spring
- Challenge - Cook something new (pizza, lasagne, crumble, meatballs)

Think of someone else?

- Challenge - Compliment a stranger
- Challenge - Help a friend with a project
- Challenge - Share your knowledge
- Challenge - Do something nice for someone you like
- Challenge - Make someone laugh
- Challenge - Volunteer in your local community

Self-care

- Challenge - Learn a relaxation technique
- Challenge – Soak in the bath with some relaxing music
- Challenge - Start a journal and write down how your day has gone
- Challenge – write a list of how amazing you are

Why not join Mrs Copus for some singing this will be on:-

Wednesday for Early Years and KS1 at 9.15 am

Friday 5th February for Key Stage 2

For about 20 minutes via Zoom, Singing always makes us feel better.





The Charlie Waller Memorial Trust
Depression - let's get talking

Comforting at a distance

When we can't give physical comfort, we can still do a lot:

Use comforting language and tone of voice - reinforce school is a safe and happy place

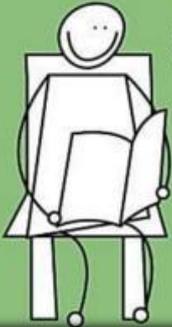
Use positive and open gestures with lots of smiles

Validate their feelings - reassure and let them know it's ok to have worries

Use play to stimulate and re-establish friendships

Share a virtual tour so families know what is different... and what stays the same!

Remember: small things = big difference



ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

Kooth

www.kooth.com

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tip/articles written by young people and an option for them to write mood journals & set positive goals.

Childline

www.childline.org.uk

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

Papyrus

www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: pal@papyrus-uk.org for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

Stem4

www.stem4.org.uk

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

YoungMinds

www.youngminds.org.uk

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

Samaritans

www.samaritans.org

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jobs@samaritans.org 24/7.

Child Bereavement UK

www.childbereavementuk.org/young-people

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.



Support your child's wellbeing while schools are closed

With schools closing across the UK, most children will be at home full time. As parents/carers you will inevitably be concerned about the effect this may have on your child's development, their physical and mental health, as well as your family's wellbeing.

- 1 Establish a daily routine.** Routines provide reassuring structure and purpose. Include a mix of learning, creative, physical, relaxation and 'electronics' time. Help your child make a visual timetable so everyone understands the plan.
- 2 Make time for physical activity.** Encourage your child outside and rediscover garden games. If you can't get outside, suggest your child makes an indoor obstacle course. There are lots of resources available on the BBC, ITV and YouTube.
- 3 Work on personal care skills.** Identify self-care tasks that your child would like to do more independently, for example tying shoelaces or getting dressed.
- 4 Develop life skills.** Help your child learn how to prepare their lunch, use a washing machine or change their bedsheets. Older children could complete an online First Aid course or start to learn another language.
- 5 Create a suitable study space.** Ideally your child should have an appropriately sized chair and table, but if they must use adult furniture ensure they can sit with feet firmly planted and their shoulders relaxed.
- 6 Teach your child to type.** Typing is a valuable skill for education, social communication and for the workplace.
- 7 Rediscover creative activities** such as playdough, junk modelling, Lego and origami.
- 8 Spend social time together as a family.** Play board games, watch a film or make a cake. Schedule mealtimes together and commit to them.
- 9 Keep in touch.** Arrange for your child to spend time each day talking to friends or family members on the phone or on social media (with adult supervision where appropriate).
- 10 Look after yourself.** Being a full-time parent/carer with household duties and work is challenging. Make sure you eat and sleep well, and include time for your own rest and leisure in your daily routine.

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8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- 1 Know how to spot the signs**
If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.
- 2 Talk to your child**
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.
- 3 Create structure and routine**
Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.
- 4 Give children a sense of control through information**
Look online with your children to find useful information and resources that help children feel they have control.