




Well being at The Reddings

Newsletter 5, Jan 2021

Children's Mental Health Week, 1-7 February 2021

	<p>The theme this year is: Express Yourself Monday 1st February at 9am there will be access to an assembly. The link will be posted on Seesaw. <i>The assembly will feature pupils and well-known faces discussing the theme of Children's Mental Health Week, as well as ways that children and young people can get involved at home.</i> <i>It will be hosted by Blue Peter's Lindsey Russell and CBBC Presenter and Place2Be Champion Rhys Stephenson.</i></p>
<p><i>As the majority of pupils are now at home, the assembly will provide an easy way to bring the nation's children together (virtually) with a positive message about the power of creative self-expression. Famous faces and contributors will also be taking part live from their homes.</i></p>	<p>Daily :</p> <ul style="list-style-type: none">• A story about emotions• An activity to help the children express themselves them in a variety of ways


JIGSAW assemblies

These are being uploaded weekly on class Seesaw pages and are also available on the Wordpress section on our school website in the JIGSAW section.

Stories about emotions

We are aware that children will be dealing with many different emotions and we have started to upload to Wordpress stories to help understand, express and cope with various emotions. These will also be in the JIGSAW section. We hope these will be helpful to you and your children.

The first book is **The Huge Bag of Worries**

<p>This is a reassuring story which helps us think about how to deal with worries.</p> <p><i>"Wherever Jenny goes, her worries follow her – in a big blue bag! They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can she get to help her?"</i></p>	
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More stories will be added weekly

Stress and Anxiety in young people

Information from a webinar I attended: “An introduction to Stress and Anxiety in young people”

Stress: A feeling of mental strain which can affect your wellbeing

Anxiety: An unhelpful feeling of intense fear that affects your wellbeing, linked to anticipation of future threat.


How to help your children:

- Talk to them
- Be calm
- Be reassuring
- Show you care
- Show you want them to tell you how they are feeling
- Controlled breathing e.g. breath in to a count of 4 on your head, breathe out to a count of 6 in your head
- Do something they find calming
- Practice mindfulness- taking notice of the little things on the here and now
- Create a happiness box – can contain photos of family, events, mementos of places they have visited and have happy memories of. Can be looked at to make them feel better when they are feeling low
- Calming activities e.g. colouring, reading, jigsaws
- Blow bubbles- helps with calm breathing – need to breath calmly to blow the bubbles
- Visualisations- thinking about a place, person or memory that makes them happy
- Physical activity
- Create a self calming toolkit- can contain a stress ball, a fidget toys, something lavender scented
- Animal therapy – if they have a pet- can read to it, Can talk to it about how they are feeling
- Hugging their favourite cuddly toy

Three good things:

This links to the idea mentioned in the previous Wellbeing newsletter that although ‘not every day may be a good day, there is good in every day’. A really powerful strategy is for your child (or you- this is good for us adults too!) is to note down before they go to sleep three good things that happened during the day. This helps the child to go off to sleep in a positive state of mind, focussing on the positive things in their life rather than any negatives. By noting them down the child can look back over these over time and see the many good things that happen, creating a sense of wellbeing

Action for Happiness:

	<p>Friendly February. Connect with others and spread kindness https://www.actionforhappiness.org/february</p>
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Wellbeing for parents

We realise that parents are dealing with more than ever at the moment- Lockdown, remote learning, personal circumstances, looking after your children's mental health and wellbeing, to name but a few of the demands. Therefore, I wanted to share some resources which you as parents might find helpful for yourselves.

The following resources are from the Education Support Website. As well as sharing them with school staff I thought parents might find them beneficial.

Sleep

<https://www.educationsupport.org.uk/resources/factsheets/sleeping-well>

How to deal with emotions

https://www.educationsupport.org.uk/sites/default/files/resources/how_to_deal_with_emotions_a_4_poster.pdf

The following resources come from the Mental health Foundation website:

How to overcome fear and anxiety

<https://www.mentalhealth.org.uk/sites/default/files/How%20to...fear%20and%20anxiety.pdf>

How to look after your mental health

<https://www.mentalhealth.org.uk/sites/default/files/How%20to...mental%20health.pdf>

How to sleep better

<https://www.mentalhealth.org.uk/sites/default/files/How%20to.sleep%20better.pdf>

I hope you will find these resources helpful for you and your children.

Take care and keep safe,

Eileen Murphy

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