



WELLBEING

shout
85258 here for
you 24/7

newsletter



Dear Parents,

This week the children have celebrated Children's Mental Health week and the theme was 'Express Yourself'. The children were asked to create a self-portrait or a calligram that represented them. Here is some of their beautiful work.

We know that many children are finding it difficult to sleep at the moment. If you are experiencing this with your child, be assured that this is normal. Children will be experiencing a range of emotions which will no doubt be having a huge impact on their ability to sleep. During times like this, it is extremely important to develop a strong bedtime routine. Overleaf, you will find some apps that might help your children drift off more easily.

Here are some other sleep tips:

- Encourage relaxing activities such as reading, colouring or listening to music, up to an before bed
- Take all electronic devices away
- Run a warm bath
- Avoid allowing to watch television
- Discourage sugary snacks or drinks in the evenings

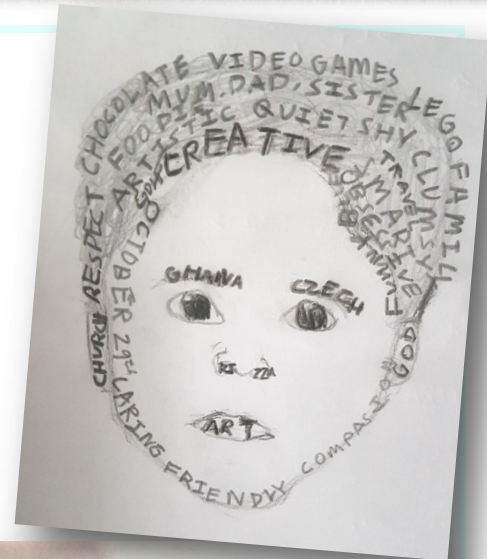
[Click here to watch Nuffield Health's 'Tips for Children's Bedtime' video.](#)

CAMHS parent drop-ins

CAMHS are still offering FREE parent drop-in consultations during the current lockdown and now have new slots available in February.

These sessions are a great opportunity for you to speak to a CAMHS professional about any concerns you may have, regarding your children. These include coping, emotional and sleep concerns. The school nurse can also join these sessions - you can request this when you contact the school to make a booking.

Please contact the school office to book a slot.



10 THINGS PARENTS CAN DO TO NOURISH THEIR CHILD'S MENTAL HEALTH



Provide them with autonomy. Allow them to make their own decisions



Talk your child. Help them to express their thoughts and feelings



Role model positive mental health. Highlight the importance of self care and looking after yourself



Learn some simple coping skills such as relaxation and deep breathing. Practice them with your child



Listen, listen, listen. Be patient and present when talking to your child



Make sure your child feels loved, valued and safe



Emphasise the importance of good sleep, eating healthily and exercise



Support your child to develop positive relationships with family and friends



Provide your child with opportunities to play and be creative



Involve yourself with your child's hobbies. Support and praise them

Useful APPS



Moshi has a range of mindfulness songs and videos that you can use to support your young children, particularly if they are feeling worried or scared. There is also a sleep section, which also includes white noise for babies.



Class Dojo is a reward system that we use in school. However, you could sign up as a parent and create your own reward systems for your children. You will be able to give out points each time they complete a task or activity.



Calm is the #1 app for Sleep, Meditation and Relaxation. They have now added a section for children which contains a library of sleep stories.



Spotify is well known for its music libraries but not many people know about its podcasts. There are lots that you can listen to which may act as a positive distraction, many of which are on the topic of mental health and wellbeing. We'd recommend the **Happy Place** podcast by Fearn Cotton.

If you have any queries or questions, please contact the School Office.

✉ office@st-ursulas-rc-jun.havering.sch.uk

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Helplines AND SUPPORT

Our school website now has a list of helplines aimed at supporting parents and children's wellbeing. There are also information booklets/posters that you can print or read. You can find these in the 'Support For Parents' section or you can click the link below.

<https://stursulascatholicprimary.co.uk/mental-health-wellbeing/support-for-parents>