



WELLBEING

shout
85258 here for
you 24/7

newsletter



As we draw closer to the end of the school year, we would like to say a special thank you to you, our parents. The past 14 months have been very challenging for many of you. Whether you have been home-schooling, working on the frontline, or you have lost a family member, the pandemic has affected us all in some way.

If this pandemic has taught us anything, it is the importance of spending time with our loved ones. Here are some ideas for you and your children, that don't cost a penny:

- ✿ Build a tent using blankets and bedding.
- ✿ Grow some vegetables or plants in the garden (use seeds from the fruit and vegetables you buy in your regular shop).
- ✿ Take a walk or go on a bike ride.
- ✿ Camp out in the garden.

We understand that many of our parents work long hours during the week. We've listed some smaller ideas below that might be more manageable:

- ✿ Let your child help with dinner preparations.
- ✿ Read to your child before bed.
- ✿ Sit together at dinner time.
- ✿ Hide a loving note for your children to find.

This will be the last newsletter for this academic year. The Wellbeing Team have so many plans for September and we are very excited to share these with you all when we return.

If you need any support during the Summer holidays, please use our website (you can find the link to this, along with some helpful websites, on page two of this newsletter).

We would like to wish you and your family a wonderful Summer break.

The Wellbeing Team



Anna Freud Support for Parents & Carers: <https://www.annafreud.org/parents-and-carers/>

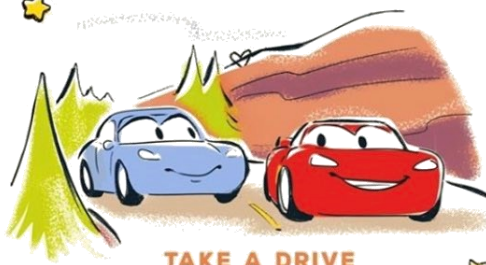
TALKING Therapies

Havering Talking Therapies is a free self-referral service. They provide a wide range of treatments and services helping those feeling distressed by difficult events in their lives as well as people concerning their mental health. Their services are confidential, easy to access and available to people living in the London borough of Havering. You can find out more information here: <https://www.talkingtherapies.nelft.nhs.uk/havering>

To read more about the Impact that **Worry Monsters** are having in schools, [click here](#)



TIPS FROM PIXAR CHARACTERS



Created by Pixar

HOW CAN THE Wellbeing Team SUPPORT YOU?

- ✓ Signpost you to useful resources
- ✓ Signpost you to external agencies and charities for support
- ✓ Arrange FREE counselling and Cognitive Behavioural Therapy for you
- ✓ Run parent support workshops
- ✓ Run interventions to support your children's wellbeing

CAMHS parent drop-ins

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

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.

OUR SCHOOL WEBSITE SUPPORT FOR PARENTS

Our school website is filled with information to support you and your child's mental health and wellbeing. Click the links below to explore the different areas. ✨

[Support for Parents](#)

[Support for Children](#)

[The Wellbeing Team](#)

[Wellbeing Curriculum](#)

Useful WEBSITES

[The Calm Zone](#)

[Kooth Counselling](#)

[National Family Mediation](#)

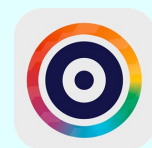
[Refuge](#)

[The Children's Sleep Charity](#)

[Young Minds](#)

[My Place](#)

Useful APPS



BBC have created a brand new app called **Own It**. It is aimed at supporting young people's (Years 5 & 6) mental health & wellbeing. Check it out in the Apple or Android app store.



Calm is a mediation app. They have now added a section for children which contains a library of sleep stories.



Stoic is an app designed to support adult mental health. It is completely free and has a wide range of tools to support anxiety.

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

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

