



# WELLBEING

newsletter



## Dear Parents,

We hope your children have enjoyed their first few weeks back at school. All of the teachers and staff have been working hard to make sure that your children have had a safe and happy return to their school routine. Last week, our brand new curriculum began. Here is what some of our children had to say about their new Bounce Back lessons.:

"The lessons are really good because you can learn things you need in life" - Katerina & Kiera, Year 4

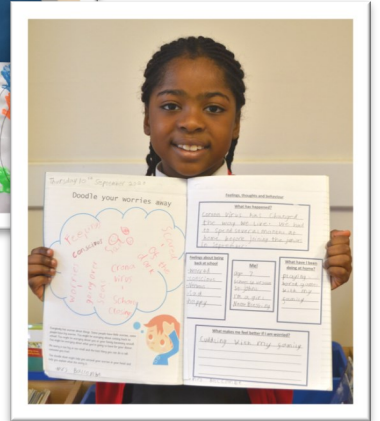
"We get to be honest in our books" - Grace, Year 5

"I like the activities" - Joshua, Year 5

"I really like them because they help us discuss our worries and express our feelings" - Sophia, Year 6



Nursery have been learning how to be good friends and have made friendship chains and trees.



Year 3 have been learning strategies for coping with worries and fears.

## Staff Wellbeing

### HOW DO WE SUPPORT EACH OTHER

At St. Ursula's, we believe it is important to look after each other's wellbeing too. The Senior Leadership team and the Wellbeing Team will be meeting to discuss strategies to support staff wellbeing. We are looking forward to making you aware of these as the year goes on.

**IMPORTANT:** Our children's families are important to us. If you ever need support, please contact us. We can listen, signpost you to further support and even create links with free counselling services for you.

## Helpful Resources

You & Me counselling: <http://youandmecounselling.org.uk/>

- ✓ Free walk-in service on Tuesday and free consultation by appointment only
- ✓ Information, guidance and support
- ✓ Couples Counselling, Divorce, or Relationship Problems
- ✓ Reflective parent empowerment classes, workshop, training and seminars
- ✓ Bullying/Gangs
- ✓ Help and support for run-away children



# Anxiety

## TOOLS FOR PARENTS

The coronavirus lockdown has meant that children have spent a significantly increased amount of time with their families. Some may be feeling anxious about returning to school each day. We have created some tools to help you support your child with any anxiety they might be feeling, including top tips, an example action plan and some activities to support you and your child.

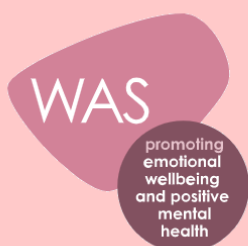
### Top Tips

1. **Encourage your child to acknowledge their feelings** and provide a safe space for them to talk about those feelings with you. With your support, unpicking their feelings will help them to reframe how they are thinking. If they don't want to talk straight away, don't force them. Instead, use phrases like "I notice you are quiet today".
2. **Try not to over-analyse your child's emotions too much.** We understand that this is easier said than done but children are more robust than you think. A strong routine and a calm, supportive attitude will reassure and support your child's anxieties in more ways than you realise. Stay calm, supportive and practical.
3. **Use relaxation activities to help your child unwind.** Particularly if they are having trouble getting off to sleep. The routine they have been used to will have been different during lockdown, so differing sleep patterns will be normal. There are a number of apps you might want to explore (we have listed some on the right →).
4. **Praise and reward small (and big) successes when a child faces their fears.** It can help them if you remain positive and encouraging, without forcing them into anything.
5. Separation anxiety is going to be very common during the first few weeks of school, no matter the age of your child. Your children have been used to spending a lot more time with you during lockdown so this is bound to cause them anxiety.

## Wellbeing Award for Schools

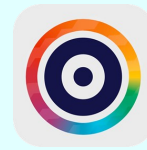
This year, our school will be working towards achieving the Wellbeing Award for Schools. This award will ensure that mental health and wellbeing sit at the heart of our school life for our children, staff and parents.

We would love to hear your views on the school's current wellbeing provision. Please scan the QR Code below to access our survey.



## Useful

### APPS & WEBSITES



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.



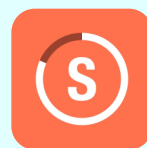
**Stoic** is an app designed to support adult mental health. It is completely

free and has a wide range of tools to support anxiety.



**Microsoft To-Do** is the perfect app for managing the

busy life of parenthood. It is free to use and you can link it up to your computer, phone, calendar and partner's calendar.



**Streaks** is a great habit-tracking app that you

yourself can use or you can use a fun tool with your children.

If you have any queries or questions, please contact the school office.

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

☎ 01708

EYFS 345200

KS2 343170

