



WELLBEING

shout **85258** here for you 24/7

newsletter



Dear Parents,

Happy New Year! We hope that you all had a lovely Christmas.

Since the most recent government guidance, we know that many of your situations may have changed again. We understand how challenging homeschooling can be, especially while some of you are trying to work from home yourselves. On the right, you will see a list of websites that may support you and your children through homeschooling.

From Monday 11th January, the BBC will be dedicating BBC1 to a range of Primary aged programmed at 9:00 every weekday. These will include BBC Live Lessons and BBC Bitesize Daily as well as Our School, Celebrity Supply Teacher and Horrible Histories. BBC2 will be supporting Secondary aged children.

It is so important that we all look after our own and other's mental health right now. We have created a list of helplines and apps that you may find useful. Staying active can greatly support people's mental health and wellbeing. Joe Wicks has started his 'PE with Joe' workouts again which you can find on his YouTube channel, The Body Coach. These are aimed at families so they are a great opportunity to get moving together and have some fun!

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.

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

Our **school website** has lots of links to support you with Google Classroom <https://stursulascatholicprimary.co.uk/COVID-control-plan/support-with-google-classroom>

BBC Bitesize can provide you with FREE extra support and daily learning videos <https://www.bbc.co.uk/bitesize/primary>

Go Noodle is a FREE fun and interactive website that encourages your children to get moving. There are also mindfulness and meditation videos <https://app.gonoodle.com/>

BBC Super Movers is another fantastic resource that not only gets children moving but also educates children through catchy, memorable songs <https://www.bbc.co.uk/teach/supermovers>

Get Epic allows your children to read a range of new books and you can receive 30 days for FREE <https://www.getepic.com/>

Prodigy is an engaging maths game that helps your children to learn whilst having fun <https://www.prodigygame.com/main-en/>

Twinkl Parents Hub: <https://www.twinkl.co.uk/resources/parents>



Helplines

A TO Z

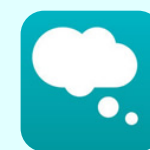
Below are a range of helplines that you may not be aware exist. You may not feel that you need any of these right now but you could cut this sheet out and keep it somewhere safe or even pass it on to a friend or family member.

Alcoholics Anonymous	A free self-help group. Its "12 step" programme involves getting sober with the help of regular face-to-face and online support groups. http://www.alcoholics-anonymous.org.uk	0800 917 7650 (24-hour helpline)
Anxiety UK	Support for panic attacks and anxiety. http://www.anxietyuk.org.uk	03444 775 774 (Monday to Friday, 9.30am to 5.30pm)
The CALM Zone	Emotional support, guidance and advice. http://www.thecalmzone.net	0800 58 58 58 (daily, 5pm to midnight)
Cruse Bereavement Care	Bereavement support service. http://www.cruse.org.uk	0808 808 1677
Drinkline	A free confidential helpline for people worried about their own or someone else's drinking.	0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm)
Family Lives	Advice on all aspects of parenting, including dealing with bullying. https://www.familylives.org.uk/	0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)
Kooth	Free, safe, anonymous counselling for young people. http://www.kooth.com	
Mencap	Charity working with people with a learning disability, their families and carers. https://www.mencap.org.uk/	0808 808 1111 (Monday to Friday, 9am to 5pm)
Mens Domestic Abuse Service	Domestic Abuse support for men. http://www.mankind.org.uk	01708397974
Men's Health Forum	24/7 stress support for men by text, chat and email. https://www.menshealthforum.org.uk/	1087375
Mind	Promotes the views and needs of people with mental health problems. http://www.mind.org.uk	0300 123 3393 (Monday to Friday, 9am to 6pm)
National Family Mediation	Family mediation support. www.nfm.org.uk	0300 4000 636
OCD UK	A charity run by people with OCD, for people with OCD. Includes facts, news and treatments. https://	0333 212 7890 (Monday to Friday, 9am to 5pm)
Papyrus	Young suicide prevention society. http://www.papyrus-uk.org	0800 068 4141 (9am to midnight, every day)
Refuge	Support for domestic violence. http://www.refuge.org.uk	0808 2000 247 (24-hour helpline)
Rethink	Support and advice for people living with mental illness. http://www.rethink.org	0300 5000 927 (Monday to Friday, 9.30am to 4pm)
Samaritans	Emotional Support, suicide prevention support and emotional wellbeing. http://www.samaritans.org	116123 (free 24-hour helpline)
Sleep Charity	Sleep Related Support. http://www.thechildrensleepcharity.org.uk/	01302 751 416
SNAP	ADHD Support. http://www.snapcharity.org	01277 211300
Young Minds Parents	Mental health, emotional wellbeing, teen support and parental support. http://www.youngminds.org.uk	0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Useful APPS



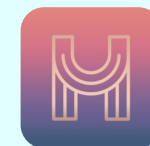
Worry Tree aims to help you take control of your worries wherever you are. It uses cognitive behavioural therapy (CBT) techniques to help you notice and challenge your worries. It can also help you create an action plan for managing worry.



Catch It helps you to learn how to manage feelings like anxiety and depression. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



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.



Happiness Planner is a calendar & to-do list app designed to help you, not only be more productive, but also cultivate good habits, positive thinking, mindfulness, gratitude, and self-development.

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

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