

Wellbeing Team

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| Wellbeing Lead | Wellbeing Champion | School Counsellor | Wellbeing Governor |
| Claire Swinburn | Ellen Hickey | Judith Potelle | Amanda Robson |



Useful links if you need any help or advice during the summer break;

www.sunderlandcommunitycamhs.nhs.uk

www.washingtonmind.org.uk

wellbeinginfo.org

youngminds.org.uk

www.place2be.org.uk

www.kooth.com



At UCPS we believe the wellbeing of our pupils, staff and families is paramount. After a tough year, heavily impacted by Covid-19, the summer gives us a perfect time to reflect on our achievements and new found resilience that have seen us through the school year.

Over the summer holidays we hope and encourage you all to relax and focus on the *Take Notice* strand from the *5 Ways of Wellbeing*.



Taking Notice means actively bringing our mind's attention and interest to the world around us and ourselves; what is going on externally to us and what is happening within us. Taking notice means being present in the moment; observing what's beautiful or unusual in the world. It means being aware of our thoughts and feelings as they arise, without getting lost in them. It means savouring the moment whether you're **being active**, **connecting** with a friend, **learning** a new skill, or **giving** to others.

Take Notice Ideas!

Being in Nature

Walk around your neighbourhood and look out for colours, textures, shapes, reflections in water, shadows. Look down, look up, and look along. Get creative and take pictures with a camera! Focus on capturing what's before you. Maybe use the images to make a collage, screensaver, or postcards.

Washington has some beautiful locations to explore. Have a look at the Heritage Trails on the Sunderland Council's website, www.sunderland.gov.uk/article/12582/heritage-trails

Which gives details of free walks with maps and written instructions that you can download and print, including walks at Roker Seafront, Hetton and Penshaw Monument.



Mindfulness

Mindfulness is a way of focusing on being fully present in the moment, and not letting our thoughts carry us off. Below are some fab links to guided mindfulness sessions


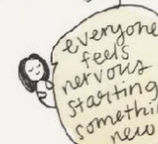

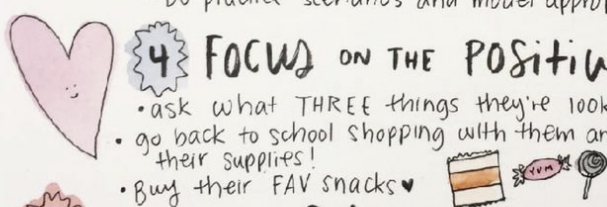

<https://www.mindful.org/mindfulness-for-kids/>

<https://www.bbcgoodfood.com/howto/guide/10-mindfulness-exercises-kids>

<https://www.youtube.com/watch?v=IIbBI-BT9c4>

Back To School Anxiety

5 TIPS FOR PARENTS/CAREGIVERS:

- 1 Start with the BASICS**
 - ensure healthy eating habits
 - begin practicing bedtime routines
- 2 Listen to your child**
 - empathize and normalize their feelings/fears
 - ASK, "What worries you?"
- 3 Role-play AND Problem solve**
 - DON'T say "you'll be fine!" or "don't WORRY!"
 - DO practice scenarios and model appropriate responses
- 4 FOCUS ON THE POSITIVES**
 - ask what THREE things they're looking forward to
 - go back to school shopping with them and let them choose their supplies!
 - Buy their FAV snacks
- 5 MODEL confidence AND comfort**
 - say goodbye JUST ONCE to them
 - be cheerful but FIRM!

www.artasterapy.ca

Year 6 to Secondary School

The move into Y7 can be a worrying time. Young Minds have a brilliant campaign called 'Find Your Feet' with a great video that tackles the concerns about getting the bus, meeting new people, scary teachers and leaving friends behind. Words of advice, short video clips and ideas can be found at <https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/>

We have further resources on our school website.