



At UCPS we believe the wellbeing of our pupils, staff and families is paramount. Within school we are having a renewed focus upon mental health and wellbeing.

This term we will be focusing on **Be Active** from the 5 Ways of Wellbeing.



In school we are eagerly anticipating the Tokyo Olympics in July. We would like your help to support the children's task to log their exercise for the **Get Set Tokyo** challenge. We are aiming to record all the activity the children do and convert it into kilometers and see if we can reach Tokyo in time! We have a target of 47,349Km. This can include, walking, playground time, dancing and any other adventure they get up to. There will be a tally chart in their home/school book to record your child's activity.



Exercise

Exercise is vital for your child's physical and mental wellbeing



Tips to get your child moving

If parents are physically active, their children are likely to be active too, so lead by example! Below are some ideas from the NHS:

- Instead of watching TV, encourage your child to find fun activities to do on their own or with friends, such as playing chase or riding their bikes.
- Let your kids help decide what to do. Children are more likely to participate in something if they're involved in picking it.
- Walking is a fun and easy way for children to get active while spending time with you and their friends.
- Have a disco in your lounge with your music. All you need are some great tunes and you and your children can have fun dancing anywhere.
- Cycling is a great alternative to the car or bus. You don't even need to have somewhere to get to - just taking the kids out for a bike ride is a fun activity to do together

Parent and Carer Wellbeing

We understand what an incredibly stressful year it has been. Stress is not necessarily a bad thing, as it motivates us and helps us perform and achieve. However, too much stress can lead to many problems including anxiety, irritability, tendency to drink or smoke more, temper outbursts and much more. These can all affect family life and we understand these pressures. **Your wellbeing is vital to the wellbeing of your children.** Here are some reminders on self care for your selves:

- Share worries and seek out support from friends and family
- Live a healthy lifestyle by eating well, exercising, having fun and getting enough sleep
- Stay well informed by finding out more about topics that concern yourself or your children
- Never stop talking and listening to your child through good times and bad.



Wellbeing Team

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

www.sunderlandcommunitycamhs.nhs.uk

www.washingtonmind.org.uk

wellbeinginfo.org

youngminds.org.uk

www.place2be.org.uk