



## Welbourn Church of England Primary School

*'Believe, Excite, Succeed, Together'*

**Well-being Newsletter Wednesday 27<sup>th</sup> January 2021**



Dear Parents and Carers,

As you may be aware, each week we celebrate 'Well-being Wednesday' during our Collective worship. This is an opportunity for us to discuss our well-being and consider making positive life choices. Each week we consider one of the NHS '5 ways to wellbeing' and how we can use these to better our health.



Today's worship was focused on dealing with our feelings, especially worry and anxiety. The children have been tasked to make a worry box to use at home. Please encourage them to use it and check every now and then for notes that they may post in it. Sometimes children may want to talk but some find writing the worry down helps more, sometimes it could be a call for help. Taking time to talk is hugely important. I have also set up an opportunity for your child to post their worries on Microsoft Teams using the Survey Monkey app. This will only be posted to Mrs Boulter and no others can view it on the platform.

Your child has also been taught some calming strategies for when they begin to feel worried or anxious. It is really important for children and adults to 'take notice' of how they are feeling and what their body is telling them. You can also find further information by clicking on the link :

<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

Mrs Kinton has taught all children in school some mindfulness techniques and is our 'Well-being champion'. During lockdown, she will continue to provide support and intervention for those children who are identified as needing extra help. If you think your child may benefit from this, please contact your class teacher via the closure account. Further wellbeing ideas and Mrs Kinton's video can be found here: <https://www.welbournprimary.co.uk/WellBeing.asp>

### Be active

We are pleased that the children are enjoying their virtual P.E sessions with Carres coaches. Staying active is fundamental to wellbeing but getting outside into the fresh air is also important. Teachers have been busy adapting their weekly overviews to include more outdoor learning opportunities and a variety of ways for your child to be creative and active. From the parent forum and through staff discussion, we realised that some children are spending too much time online or writing. We encourage you to reduce screen time and encourage your child to carry out other learning than just English and maths. It is important to get a good balance of both academic and non-academic learning, including physical, social and emotional learning.

A parental survey will be sent to parents to help us to gain a greater insight into how your child is coping with Remote Education and how we can improve. Your feedback is greatly appreciated to help us best improve our provision for all of our children.

Take care and stay safe

Mrs T Boulter

Headteacher

## **Safeguarding**

Please ensure that your child attends **all** register calls online **every** day. No attendance will be followed up. Please also refer to our protocols for online calls for keeping children safe, such as: being fully dressed; being in an appropriate room (not in bed); not having younger siblings present and using appropriate language. We are committed to Safeguarding young children. If you have any concerns about the welfare of a child, please call: 01522782111

## **Parental support and training**

### **Healthy Minds Virtual Workshops:**

Healthy Minds are offering a variety of online workshops for both parents and young people over the coming months. The following workshops are being delivered via Microsoft Teams during February and March. Parents/ carers and young people can book onto these via Eventbrite.

- Parent and Child worry management – A Workshop for parent and child aged 5-10
- Parent and Child managing angry feelings – A Workshop for parent and child aged 5-10
- Parents supporting children with Anxiety and SEND – Discussion group. (This event is a Parents Discussion Group and requires watching of the recorded workshops prior to attending. Please see the Eventbrite page while booking for more information)

Tickets are released on a monthly basis and all workshops are free to attend! Our Eventbrite page can be accessed via this link: <https://www.eventbrite.co.uk/o/healthy-minds-lincolnshire-20000004846>

### **Pre-recorded online workshops:**

Healthy Minds have also created several online recorded workshops for both young people and parents on managing worries and anxious feelings; managing angry feelings; a survival guide to change and Parents supporting children with Anxiety and SEND (to be watched prior to attending the discussion group) . These can all be accessed via the link : <https://www.lpft.nhs.uk/young-people/online-workshops>.

If you have concerns about your child's emotional wellbeing please visit <https://www.lpft.nhs.uk/young-people/lincolnshire/home> where you can find useful information and self-help advice.

### **Further information**

Click on this link for 5 top tips to help your children.

<https://www.bbc.co.uk/news/av/education-55620288>

Our parent information booklet can be found here:

<https://www.welbournprimary.co.uk/Covid%2019.asp>

Please contact the closure account if you require any further help or advice.

## **Dates for your diary**

Our next Parent Forum is: Friday 5<sup>th</sup> February 2021 at 4.00pm

Children's mental health week: Week beginning 1<sup>st</sup> February 2021

Safer internet day: Tuesday 9<sup>th</sup> February 2021

Last day of term: Friday 12<sup>th</sup> February 2021. We will be closed to all children, including key worker children and those who are vulnerable.

Workshops for parents – to be confirmed and invites will be sent out via Microsoft teams.