

WELL-BEING NEWSLETTER

June 2020

PARENT/CARER Issue 4



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Welcome to the June issue of our 'Work Hard; Be Kind; Well-being' newsletter!

There'll be an issue of this newsletter at the end of each month until the end of this academic year (July).

This is your 'one stop shop' for information and resources to support you during your children's time out of school.

Please also see our newsletter for pupils in addition to this one for you.

What is 'well-being'?

It's a term we hear a lot but what does it mean?

Dictionary definitions tell us that it's about comfort, health and happiness. Essentially, it's about our emotional as well as our physical health: keeping our minds and our bodies healthy!

Here's a short video which might give you some ideas about what 'well-being' means <https://www.youtube.com/watch?v=oSIWo5nxF2A> and another one with ideas for how you could develop yours: <https://www.youtube.com/watch?v=yF7Ou43Vj6c>. Aimed at children but applicable to adults, too!

Information, guidance and updates

Government response to COVID-19 – this includes the latest announcements and guidance/information/announcements to date <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Information and guidance for employees, employers and businesses <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>

Support

Directory:

- The Samaritans offer emotional support 24 hours a day - in full confidence. Call 116 123 - it's **FREE** or email jo@samaritans.org.uk - <https://www.samaritans.org>
- <https://www.mind.org.uk/>
- <https://www.nhs.uk/>
- <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>
- <https://www.childline.org.uk/>
- <https://www.annafreud.org/on-my-mind/youth-wellbeing/>
- <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Supporting children:

- Supporting children to cope without school <https://www.bbc.co.uk/news/uk-politics-51959957>
- Talking to children about world news <https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news>
- CAMHS youtube channel https://www.youtube.com/channel/UCEf1QiK2WJByHpoUOoHB-Yg/videos?disable_polymer=1

Supporting ourselves:

- Looking after your own mental health during this period: <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- Well-being <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing>

Special Features

Gratitude – an article by Rebecca Morgan-Jones

Full text here: [Gratitude Teachers and Parents.docx](#)

How to start a gratitude practice:

- To remember when we feel bad to look outside of ourselves is a quick fix, if we go inside then we are making lasting, long term change.
- Consistency is the key – start small.
- Get into a routine – dedicate a time of the day when you can practice gratitude. Either in the morning or at night or both. Studies have shown if we dedicate 20 seconds at a time to gratitude it's long enough to create positive structural changes to the brain.
- Think of 3 things first thing in the morning and three things last thing at night that you are grateful for .
- Leave mobile phones out of the room, as this will stop you looking at them as soon as you wake up. This time could be spent thinking of great stuff that will start your day off on a positive start.
- If you're having a really bad day, (which you still will have even when you've practice gratitude for 10 years) the difference will be that you will be able to get yourself out of it much quicker. Practice moment to moment gratitude, where you say thank you for everything. So, your encouraging yourself to see the best bits in everything. It helps us not loose sight of the good stuff in the midst of a situation or event that is hard to deal with.
- Just say 'thank you' over and over again in situation where you may feel nervous or an emotion that is not helpful. You don't have to be saying 'thank you' for anything in particular, just the word has a positive impact on the brain, which has a knock on effect on how we feel and act.
- Set a timer on your phone that goes off every so often to remind you to stop and think of 3 things you are grateful for.
- Set passwords as words that remind you to be thankful.
- Create visual reminders like sticky notes, pictures or written text.
- Add gratitude onto another thing you do. Maybe, when you're making your morning cup of coffee use this time to be thankful. Do it when you're sitting at traffic lights, waiting for the bus, brushing your teeth, in the bath etc.

- Be specific – being grateful for your friends is great, but what is it that they do that you are actually thankful for?
- The small things – the breeze on your skin, the sun on your face, a warm cosy bed. Encouraging our brain to see the small wins stops us wanting big fixes in life.

According to Harvard Happiness researcher, Shawn Achor, doing this for 21 days will encourage the brain to look at the world in a very different way. You'll see the world's positives rather than its threats.

- Write things down. Keep a journal, write in it every morning, night or throughout the day.
- Use a gratitude app.
- Write gratitude letters- these can be to yourself or someone else. You don't have to send them, just the act of writing down how you feel about someone can have profound effects on the way you feel. If you are brave enough to send them, it will not only make the participant feel fantastic, but it will make you feel great too. If you're really brave, actually read the letter out loud to that person yourself.
- Actually say 'thank you' to people.
- Encourage friends and family to have conversations that are grateful rather than negative. Set time aside at meal times for this.
- Set up a WhatsApp/Facebook groups where you and friend actively write and share the good stuff. We all too often moan when were with friends, try and lift each other up but celebrating your wins- big and small.
- If you have children get them to practice gratitude finish their day with this while tucking them in bed.
- Notice the good- the more we CHOOSE to see the good the happier we will be.
- Always ask yourself what are tuned into. Are you listening to negative or positive FM in your head? What frequency would you choose to tune in to? What's going to make you feel good?

COVID-19 Lockdown: Teachers, Parents and Carers



Living in isolation is a new experience for all of us. None of us really know how to navigate or look after ourselves in this situation. Here are some tips to help you stay feeling good during this strange time. Try some, see which suit you and see which make you feel better, keep you motivated, and help with energy levels.



Routine

Keeping to a daily routine everyday will keep you feeling energised, motivated and happy.



Control

Choose to focus on what you can control. You can take charge of your safety and the welfare of others by staying at home and following government guidelines.



Sleep

A regular sleep pattern will improve mood, motivation and energy. Save a lie-in until the weekend.



Being conscious of our thoughts

"Remember, don't believe everything you think. Thoughts are just that—thoughts."
Allan Lokos



Feelings

It's essential that we process and talk about our feelings during this time. Chat to someone who will listen and someone you can trust.



Connection

Connection with others during this time is the most productive thing we can do.



Limit listening to the news

Be conscious of how many times you listen to the news in one day. Be mindful of when you listen to it too.



Stay active

Moving your body will only make you feel great! Exercise is essential for our mental and physical well-being.



Keep a journal

A great way to process your feelings is to write them down. A journal is another way to practice gratitude. When we think about what we are thankful for, we can't think about what we are worried about.



Environment

Being aware of the space we are living in will really benefit the way we feel. Try and keep your living and work space organised and separate.



Nutrition

Fuelling your body with fresh fruit and vegetables will improve your physical and mental well-being.



Hydration

Drinking lots of water will keep us hydrated and feeling good. When we are dehydrated it can have a real detrimental effect on our mood and energy level.



Enjoyment

Do something that you enjoy every day. This simple tip will keep you feeling happy and fulfilled.



Tech-free time

Try and limit how much time you sit in front of a screen. A varied visual diet is essential for our happiness.



Relaxation

Find a way that you can relax every day. This will be different for everyone. Calming the body and mind will lower cortisol in the body, which will have a profound effect on many aspects of our life.



Parenting/Caring

The juggle during this time is interesting. I think the most important thing we can do as parents/carers is to give yourself some slack. We are all trying to do our best.



One day at a time

Thinking about one day at a time makes the whole situation far less overwhelming.

Link to full article re. this infographic here: [ArticleBlog ParCarTea WellBeing RMJ April 2020.docx](#)

Activities and resources

For all

Being active: <https://thedailymile.co.uk/at-home/>

Royal Horticultural Society (RHS) – bringing the outside inside:

<https://schoolgardening.rhs.org.uk/News/News-results/National/2020/March/Bringing-the-sunshine-inside>

Film, TV and Game recommendations: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/launching-bafta-kids-at-home-with-place2be/>

Fun at home with authors and illustrators: https://www.booktrust.org.uk/books-and-reading/have-some-fun/?q=&sortOption=AtoZ&pageNo=1?utm_source=place2be.org.uk&utm_medium=referral

Free reading, writing and audiobook resources: <https://literacytrust.org.uk/family-zone/>

Yoga with Adrienne - <https://www.youtube.com/user/yogawithadriene>

At 11 am every morning, David Walliams reads from one of his books - <https://www.worldofdavidwalliams.com/category/elevens/>

How to talk to children about race - https://www.youtube.com/watch?v=QNEKbVg_ou4

Channel 4 – Women's Hour- How to Talk to Children about Race and Racism

<https://www.bbc.co.uk/programmes/articles/7xvLw6Q4qbJBnkzjk6xm9Z/how-to-talk-to-your-children-about-race-and-racism>

The Good Stuff with Deborah James - <https://podnews.net/podcast/1506730277>

Bitesize- parents' guide to talking to primary children about Black Lives Matter <https://www.bbc.co.uk/sounds/play/p08qyw71>

Bitesize – parents' guide to talking to secondary children about Black Lives Matter <https://www.bbc.co.uk/sounds/play/p08qyvsv>

Dr Chatterjee Podcast - <https://www.youtube.com/channel/UCDnwl3lQDPJfFysPUJbDFQ>

Fearne Cotton Podcast – Happy Place - <https://www.officialfearnecotton.com/news/2018/2/26/happy-place-podcast>

Radio 4 – Desert Island Discs Podcast - <https://www.bbc.co.uk/programmes/b006anmr>

Primary

Use the packs from school and check out any additional resources on school's website to keep their learning going!

BBC Super Movers

KS1 - <https://www.bbc.co.uk/teach/supermovers/ks1-collection/zbr4scw>

KS2 - <https://www.bbc.co.uk/teach/supermovers/ks2-collection/zr4ky9a>

BBC Channel 4 Homeschooling History Podcast - <https://www.bbc.co.uk/programmes/m000hmmf>

Bitesize Primary Parents Survival Guide - <https://www.bbc.co.uk/programmes/p089143b>

Fun Kids Science Weekly Podcast - <https://www.funkidslive.com/podcast/the-fun-kids-science-weekly>

Secondary and Post-16

Students should keep logging into Microsoft Teams (and/or the packs sent home by school, if this is the case) and check out any additional resources on school's website to keep their learning going. This will also help them stay in touch with school virtually!

PE with Joe - live every Monday, Wednesday and Saturday at 9am – link to first session here - <https://www.youtube.com/watch?v=Rz0go1pTda8>

BBC Channel 4 Homeschooling History Podcast - <https://www.bbc.co.uk/programmes/m000hmmf>

Bitesize Secondary Parents Survival Guide - <https://www.bbc.co.uk/programmes/p08917tc>

Fun Kids Science Weekly - <https://www.funkidslive.com/podcast/the-fun-kids-science-weekly>

Big History Project - <https://www.bighistoryproject.com/home>

Contact us

The main contact email to use for your school for general enquiries is contact@nottinghamfreeschool.co.uk

'Here's one I tried earlier'

This is where we share your ideas, tips and suggestions.

Nature cam network for animal lovers: <https://explore.org/>

Every day one member of the family sets a 20 question quiz on general knowledge and then the rest of us answer the questions. It's competitive fun and we are all learning lots of things we didn't know!!! Questions vary from historical, our planet, current affairs, Spanish phrases even the phonetic alphabet. It's such fun ! The topics are endless.

Scanning through past photographs and sending happy memory pictures to friends and family to cheer them up...it's gone down a treat. Lots of positive feedback it really is the simple things that matter.

If you've got suggestions for 'Here's one I tried earlier', please email Well-Being@novaeducationtrust.net

All ideas, tips and suggestions will be curated by our team and published anonymously. This could include: a recipe to try; suggestions for in-door sports and games; arts and crafts activities; ways in which you've used an activity or resource from this newsletter and your 'top tips' for doing it; any ideas that you've had from your experiences so far.

Contact us

The main contact email to use for your school for general enquiries is [schools insert generic contact info. here]