



## DARELL PRIMARY AND NURSERY SCHOOL

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### Wellbeing Newsletter No.2



Dear Parents and Carers,

We hope you and your families are keeping safe and well and were able to have some kind of Easter break. Like us, we are sure you were very thankful that the sun was shining.

In this week's newsletter we would like to introduce to you Ms Natalie Pepper, our Nurture Lead, who officially started with us at Darell only a few days before schools were closed. We are delighted that Ms Pepper has joined our team and we continue to look for ways in which we can work together to promote positive mental health and wellbeing within our school community whilst schools remain closed for most of our children.

We would also like to use this week's newsletter to remind and to signpost families to some more useful contacts/services and resources. In particular information regarding how to get in contact with the school nursing team and some really good resources from the Emotional Health Service about how to support children with their emotions.

Best Wishes,

Amanda Blunden – SENCO and Mental Health Lead

Natalie Pepper – Nurture Lead



Dear Darell Community,

I would like to introduce myself as newly appointed Lead of Nurture Provision at Darell Primary and Nursery School. I am thrilled to be part of this vibrant community that I fell in love with the moment I walked through the door.

The Borough of Richmond has been home to me all my life, and I have been blessed to have worked in several schools across the borough in different capacities as part of the learning support teams. I also work as an Integrative Counsellor, mostly with children, young adults and their families.

Nurture and wellbeing are at the very heart of everything that I do, and I aim to incorporate this into daily life at Darell, with the hope that everybody feels valued, listened to and loved. I very much look forward to getting to know you all.

Natalie Pepper

### Agencies and Services

Health Visiting and School Nurse Universal service

**Please see attachment for details.**

This service is open 7 days a week, 9-5pm for parents to ring for advice and support.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Updated guidance from Public Health England for parents on supporting children and their mental health.

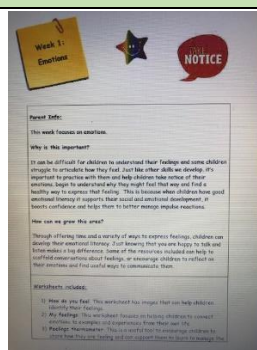
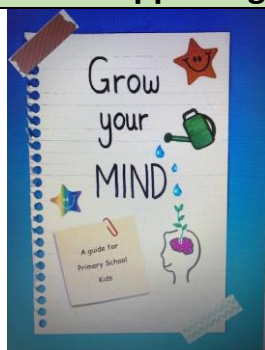
<https://kr.afcinfo.org.uk/pages/community-information/information-and-advice/covid-19-latest-information-and-advice>

Achieving for children – Kingston and Richmond (AFC) have lots of useful information to support families through the current situation.

<https://mentalhealth-uk.org/help-and-information/covid-19-and-your-mental-health/>

Advice from Mental Health UK

## Resources for parents for supporting their children



Please see the attached documents.

EMOTIONS - These fantastic resources have been produced by the Emotional Health Service and will have a different focus each week. This week concentrates on feelings, encouraging children to identify and talk about them as well as finding ways to regulate them.

Please follow the link below to an informative book written for children about the current situation. The book has been written by Elizabeth Jenner, Kate Wilson & Nia Roberts and illustrated by Axel Scheffler. There is lots of information included and it might be something that you can share with your child to help answer some of their questions.

[https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus\\_ABookForChildren.pdf](https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf)

**Fun Activities at home without a computer!**

Interview a family member

Stay connected with family members. Do you know what they like/don't like? Where did they go to school? What is their favourite holiday? What is their earliest memory?



Produce a factfile about them to share.

Indoor Scavenger hunt

Please see the example below or feel free to make your own. Just remember to put everything back!



## Physical Activities for children to support with wellbeing

### Cosmic Kids

Yoga, mindfulness and relaxation sessions for children

<https://www.youtube.com/user/CosmicKidsYoga>

### The Body Coach

If you haven't already, tune in to The Body Coach, Joe Wicks who does daily workouts from his house in Richmond!

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Go Noodle – great for a 5 minute brain break

<https://www.gonoodle.com/>