



DARELL PRIMARY AND NURSERY SCHOOL

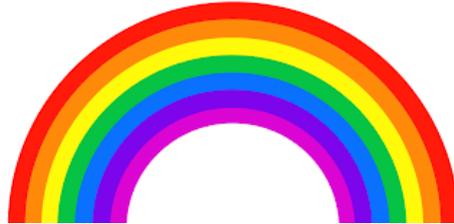
Niton Road, Richmond, Surrey, TW9 4LH

Headteacher: **Joe Porter**

Telephone: 020 8876 6721 Fax: 020 8876 3895

E-mail: info@darell.richmond.sch.uk Web: www.darell.richmond.sch.uk

Wellbeing Newsletter No.3



Dear Parents and Carers,

In this week's newsletter the focus is on the importance of **relaxation**. This is easier said than done when families are trying to juggle their own work, home schooling and other family and financial challenges. However, being able to relax is important as it enables us to regulate our emotions which in turn keeps us calm and enables our brains to work more efficiently. The resources attached, produced by the Emotional Health Service, provide some useful strategies to help us with this, as well as highlighting the importance of exercise and taking the time to notice the natural world around us when in our gardens or out on our daily exercise.

We asked the staff team about what they do to relax and thoroughly enjoyed reading their responses. Please scroll down below to see their responses.

We would love to hear what you are doing at home to relax, so please email school at info@darell.richmond.sch.uk, with the subject title 'wellbeing newsletter' and we can share in the next newsletter what you have been up to.

As before, included below are also some resources/links for supporting children who have additional needs and some new links to information, services and charities. There are some new suggestions of other activities to do at home with your children if they need some 'down time' from those screens!

Best wishes to you all,

Amanda Blunden – SENCO and Mental Health Lead

Natalie Pepper – Nurture Lead

What do you do to relax?

The Darell team share.

Miss Winfield	Before I sleep I write a list of the positives and also the negatives of the day, it is also important to recognise the negatives to then accept them. This takes my worries away for a good night's sleep! Each day I try to write a card to somebody important in my life, not only will it put a smile on their face but I find it really relaxing and rewarding.
Miss Carter	In my household we are doing lots of cooking to relax. We are trying new recipes and trying to be creative with the ingredients that we have at home.
Mrs Fitzgerald	I do a bit of online yoga every day and there are other things I dip in and out of eg Open Learn free courses, jigsaws & catching up on books I got for Xmas presents, preferably while sitting outside in the sun.
Mrs James	I love listening to music with headphones in as it helps me to completely zone out. Today's daily question on Google Classroom for Year 6 was 'What is your favourite song?' and I have loved spending the day listening to all the children's recommendations, from Queen to Metallica to Rick Astley to Prodigy to new bands that they've introduced to me!
Miss Barnes	I have been doing an adult colouring book. It's very relaxing and therapeutic. 
Mrs Blunden	I am enjoying catching up on my reading and doing the Joe Wicks workout with my children. It is perhaps not very relaxing at the time, but makes me feel much better afterwards!
Mrs Blake	The thing I'm finding that really helps me relax is gardening, I love my garden.
Mrs Collins	I listen to a CD that comes with an excellent book called 'Mindfulness - a practical guide to finding peace in a frantic world by Mark Williams and Danny Penman. Making a cup of tea is a close contender too.
Mr Shankar	When the weather isn't so bad I usually do a little gardening
Mr Gilbert	I'm taking time out in the evenings to read regularly! I have recently finished two books: Running the Roof of the World and the Breadwinner which I really enjoyed. Reading is a great way to go somewhere else whilst many of us are stuck indoors!
Ms Herle	I like the M&S short meditation session online. It's every Monday and is just ten minutes.
Miss Gavin	I find drawing very relaxing and I try to draw daily and listen to my music so I'm in my own little world.
Madame Iqbal	I read a lot of books when I get a little break from children.

Agencies and Services

Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing:

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Anna Freud Centre advice for young people/parents & carers/schools & colleges

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/#>

New resources on the local offer for Richmond and Kingston schools

<https://kr.afcinfo.org.uk/pages/local-offer/information-and-advice/covid-19-updates-and-resources/resources>

Resources for parents for supporting their children with additional needs.

The government have changed the legislation which entitles children with such conditions as autism, to go out for exercise more than once a day. Please see the link for more information.

<https://kr.afcinfo.org.uk/pages/local-offer/information-and-advice/covid-19-updates-and-resources/about-this-section/evidence-of-eligibility-form>

This virtual support service is for both the wider community and schools in their response to supporting children with Special Educational Needs and Disability (SEND). The local authority is working in partnership with CCG colleagues, NHS providers and third sector organisations to provide this SEND Advisory support line.

<https://kr.afcinfo.org.uk/pages/local-offer/information-and-advice/covid-19-updates-and-resources/send-advisory-support>

Please see the attachment for top tips for families who are home schooling a child with ADHD.

Please see below for some fun activities that can be done without the need for a screen.

Fun Activities at home without a computer!



Drawing Shadows

You'll need the sun to be shining for this one.

Can a family member match your drawing to the object?

Fun Activities For Kids at Home

Toy Parachutes



These easy mini parachutes can create hours of fun. Just follow these simple steps.

You Will Need

- Plastic bag or material
- Sellotape
- Scissors
- String
- A small, lightweight toy
- Hole punch (optional)

What To Do

1. Cut a square out of your material or plastic bag.
2. Use sellotape to cover all 4 corners. This will help to strengthen this area.
3. Pierce a hole through each corner you can use a hole punch or use a pair of scissors carefully to make a small hole.
4. Cut four pieces of string. Each piece of string needs to be the same length as the square of material you're using.
5. Thread each piece of string through a corner.
6. Tie two pieces on each side together to make a loop.
7. Put this loop under your toy's arms.
7. Your toy is ready to parachute!

Lego Bingo Challenge

How Many Can You Build?

Boat	Igloo	Name	Gate	Octopus
Bird House	Ice Cream Cone	Necklace	Garden	Optical Illusion
Bridge	Icicle	Numbers	Gifts	Olaf (Snowman)
Butterfly	Irish Flag	Nemo (Clownfish)	Ghost	Obstacle Course
Bees and Hive	Iguana	Nest	Guitar	Oval Shape

 Kidstime

A fantastic challenge for any keen Lego builder!

Physical Activities for children to support with wellbeing

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

Yoga, mindfulness and relaxation sessions for children

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/>