



## DARELL PRIMARY AND NURSERY SCHOOL

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### Wellbeing Newsletter No.1

Dear Parents and Carers,

As a school we are committed to continuing to support your children with their learning in the very best way we can whilst schools remain closed. However, it is also vital that we all support each other to look after our mental health and wellbeing during these uncertain times.

Please find below details of guidance and various agencies/services who are offering support to families during this difficult time. We have also included some suggestions of activities that families could do at home with their children over the Easter break to support with general well-being.

Best Wishes,

Amanda Blunden – SENCO and Mental Health Lead



#### Agencies and Services

<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>

Recent 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://kr.afcinfo.org.uk/pages/local-offer/information-and-advice/covid-19-updates-and-resources/easy-read-and-support-resources-about-covid-19>

This page includes a link to a resource prepared by the Educational Psychology Service which offers advice about how parents can support their children through the current situation (this has also been saved as an attachment)

<https://www.citizensadvice.org.uk/>

This service can still offer advice over the phone and via email.

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Offers practical advice for staying at home and taking care of your mental health and wellbeing

<https://www.mindkit.org.uk/5-ways-to-wellbeing/>

Includes information on top tips for maintaining a positive sense of well-being based on the following 5 principles. 1) Connect, 2) Active, 3) Keep Learning, 4) Help others, 5) Take notice

<https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

Good Samaritans are an organisation you can contact if you just want to talk.

### **Resources for parents for supporting their children**

<https://www.sophiestories.co.uk/stay-home-superheroes>

Free to download – therapeutic story for anxious children

[https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?utm\\_source=The%20National%20Autistic%20Society&utm\\_medium=email&utm\\_campaign=11413624\\_myworld%20-%20resource%2019.3.20%20%5Bautismguidance%5D&utm\\_content=Coronavirus%20social%20story%20%5Bautismguidance%5D&Keywords=Coronavirus%20social%20story%20autismguidance&dm\\_i=YA3,6SMT4,UI5JX9,R6YUB,1](https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?utm_source=The%20National%20Autistic%20Society&utm_medium=email&utm_campaign=11413624_myworld%20-%20resource%2019.3.20%20%5Bautismguidance%5D&utm_content=Coronavirus%20social%20story%20%5Bautismguidance%5D&Keywords=Coronavirus%20social%20story%20autismguidance&dm_i=YA3,6SMT4,UI5JX9,R6YUB,1)

Carol Gray social story for children about the corona virus

<https://www.elsa-support.co.uk/we-are-at-home-right-now/>

Emotional literacy support aimed at helping parents support their children with daily routines at home. Powerpoint free to download.

### **Activities for children to support with well-being**

[Look after yourself](#)

The Self-care Kit – see attachment

## Keep Learning

Scouts - <https://www.scouts.org.uk/the-great-indoors>

Normally famous for their pursuits outdoors, here are activities to inspire when you have to stay indoors.

Find out about a different animal every day at Houston Zoo.

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

Improve your drawing skills

<http://www.robbidulph.com/draw-with-rob>

Drama activities for the family to do at home

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

## Keep Active

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/>

## Fun Activities at home without a computer!

Make a den together. Spend some time inside it together reading or telling stories. Put teddies inside and tuck them up in bed or have a pretend campfire (sing a song or two) or have a picnic. Make it dark inside and use a torch to make shadows and interesting shapes on the roof of your den. Decorate with twinkling lights or home-made paper decorations



Hide Easter eggs (or other objects) around the house. Give your child clues about where they are hidden 'it's high up', it's behind a chair' 'it's near something that makes you warm'. This will develop their understanding of language and give you some fun! Your child could then hide objects and give you clues as you search.



Make an Easter card, practise your cutting and sticking. Write a message inside together and post it to a friend or relative.



Cut the top off a carrot, place in a saucer of water, observe what happens. Try with a parsnip, celery and other vegetables. Look and measure every day.

