



DARELL PRIMARY AND NURSERY SCHOOL

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Wellbeing Newsletter No.4



Dear Parents and Carers,

This week our focus is on **staying positive**. This is hard to do when there is so much uncertainty about what the future holds and how as a country we try to find the best way to navigate through this crisis. However, there are positives if we look for them. A positive attitude can help us appreciate what we have, notice the natural world around us, celebrate what we have achieved and recognise how we have risen to challenges and continue to work to overcome them. Please do look at the attached resources from the Emotional Health Service which can help with this 'staying positive' theme.

There are also details included in this week's newsletter (see below) of a presentation that is free to download to parents entitled 'Introduction to Child and Adolescent Anxiety workshop'. There is an opportunity for parents to sign up for a further live workshop on Google Hangouts to be facilitated by our link Emotional wellbeing practitioner if any parent thinks this would be useful.

One of our attached activities this week is to make a 'Time Capsule'. This is a fun way to reflect upon our experiences whilst we have been asked to stay at home and might be of interest to our future selves!

Finally, understandably we are all using the Internet more so please do look at the attached document which relates to the importance of also keeping safe online. These activities are aimed at 8-10 year olds.

Best wishes to you all and keep positive!

Amanda Blunden – SENCO and Mental Health Lead

Natalie Pepper – Nurture Lead

Agencies and Services

Please continue to keep an eye on the Achieving for Children website and the local offer for updates in relation to the crisis and information, advice and support for families.

www.afcinfo.org.uk/kr-covid19

British Red cross

<https://www.redcross.org.uk/get-involved/teaching-resources>

Online resources for children to do at home that explore and promote the value of kindness.

Information and Resources for parents.

Anxiety presentation - To access the presentation about Child and Adolescent anxiety, please follow the link below to the Google Slides. To listen to the audio on the presentation, you will need to download the slides (select download in the top right) and open them with Power Point (if you are able to do this on the device you are using). To play the audio, select Slide Show and then From Beginning. We hope you find this presentation useful!

<https://drive.google.com/open?id=1T5kZzENyNOMf-Rv0sYkeWAQEJDYLuQ30>

Everybody worries (free book) - This is a picture book (free e-book) for parents to use with children to talk about how worrying is normal and helps parents explain/discuss the current situation with children.

<https://home.oxfordowl.co.uk/books/jon-burgerman-everybody-worries-free-ebook/>

A message from Parenting Tips from EPEC (Empowering parents, empowering communities)

To support families at home during the Covid-19 crisis, we have been piloting new Facebook and Instagram pages. The daily content is taken from our manualised programmes, with each day focussing on different topics and themes. The aim is to offer realistic, compassionate evidence-based parenting information that raises awareness, supports family resilience and promotes coping.

We have begun with content from our EPEC *Being a Parent* programme designed for parents of children 2-11 yrs. We will begin posting content for parents of infants and babies shortly, with additional content for parents of teenagers, parents with children affected by ASD/autism, and parents with mental health difficulties to follow. We will launch related YouTube films later this week. These short films complement the Facebook/Instagram and provide relational and interactive content intended to sustain parent coping and facilitate parenting change.

We have been posting daily for the last week to test content and see how the material lands. The response from parents and practitioners has been very positive. In the last seven days we have achieved a post reach of 15000+ and post engagement of 3500+.

The links for the pages are below. Its early days so please give us your advice, guidance and feedback.

Facebook: <https://www.facebook.com/Centre-for-Parent-and-Child-Support-CPCS-100276281421476/>

Instagram: https://www.instagram.com/cpcs_official/?hl=en

Fun Activities at home without a computer!



Please see the attached document about making a time capsule. This could include:

- Write a letter to your future self:
- Activities completed at home:
- Photographs
- Family facts

Physical Activities for children to support with wellbeing

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/>