

Kippax Ash Tree Primary School

Wellbeing Newsletter

February 2021



Your wellbeing is important...

It is more important than ever that we look after our own wellbeing in these difficult times.

"If we winter this one out, **we** can summer anywhere."

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- 1 Know how to spot the signs**
If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.
- 2 Talk to your child**
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them.
- 3 Create structure and routine**
Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.
- 4 Give children a sense of control through information**
Look online with your children to find useful information and resources that help children feel they have control.

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- 5 Keep children learning**
Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.
- 6 Limit screen time and mix up activities**
As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.
- 7 Help your child manage stress**
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.
- 8 Expressing feelings doesn't have to be face-to-face**
Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

Self-Care & Mental Health

for Kids

- Share your own feelings to encourage self-awareness.
- Find social groups that help them feel like they belong.
- Set aside time for low-stress or solo activities.
- Practice self-care for yourself to set the standard.
- Focus on articulating feelings. "I am angry," "I am sad."
- Encourage your child to focus on the moment.
- Establish a self-care routine.
- Recognize toxic stress events.
- Blessing/Manifesting and hobbies.

Children's Mental Health Week

1st-8th February 2020



This year's theme is Express Yourself. At Ash Tree we have been taking part on Children's Mental Health Week.

Our children in key worker provision and learning from home will be kicking off the week by watching the Oak National Academies Virtual Assembly.

Teachers will be setting lessons around wellbeing, mental health and PSHE aspects this week for remote learning.

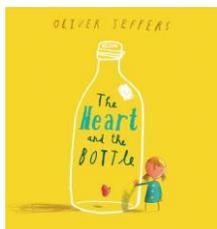
Furthermore, Mrs Campbell has set her whole school challenge to make a 'Well Den'! Don't forget to post your entries on your dojo portfolios. Don't forget the bubble with the most entries wins a Golden Ticket!

Social and Emotional and Mental Health



Mrs Bellas and Miss Smithies have now completed their Youth Mental Health First Aider Course and can now support Ash Tree to raise awareness, define mental and emotional wellbeing, recognise signs of mental health distress and support our children to practice self-care. Their vision for Ash Tree and Mental Health is to normalise societies attitudes and behaviours around mental health, by supporting Ash Tree to develop the skills both staff and children need to look after their own and other's wellbeing.

Supporting Children through Bereavements



As you may be aware we have sadly had some bereavements over the last few weeks in school. Our school is working hard to support those children and staff who have been affected in many ways. Our staff team have been recording videos for both parents and children to support you at this time. Here are some of the books that we have been using in school and on the recorded reading sessions:

- The Heart in the Bottle By Oliver Jeffers
- Sad Book By Micheal Rosen
- Badgers Parting Gifts By Susan Varley

MindWell #TogetherLeeds



MindWell is a Coronavirus mental health hub. This hub has resources, videos and information to help people in Leeds take care of their mental health at this challenging time. It offers advice if you are concerned about someone else, need support yourself or if you are a professional supporting others.

Please visit: www.mindwell-leeds.org.uk for more information.



Support for Leeds Mind

Physical Self-care – Are you?



In response to the unprecedented and challenging times of the COVID-19 pandemic, we are creating a new catalogue of resources from across the internet to support those who already use our services as well as those who may be new to Leeds Mind and feel they could use some additional support and may be feeling isolated.

Our new weekly timetable is being created to offer you a variety of daily activities through different mediums to keep you motivated and feeling supported during these physically distancing times. We have also planned into the activities 2 weekly social sessions facilitated by a member of our team and is open to everyone.

Socially we can remain connected!

We will aim to update links and add new content based on your feedback, so let us know what you find, and if you feel it will help others.

Some links you may need to subscribe to, but everything is free.

We hope that we can pull together the best of what's on offer to keep your spirits up.

Check out the website:

<https://www.leedsmind.org.uk/services/>

Eating a Healthy diet

"I think it helped as I was taking care of myself and swapping processed food for healthier alternatives which gave me more energy and allowed me to take up more hobbies and socialise."



Trying some relaxation techniques

"The days can easily become busy and potentially be overwhelming, so having a few minutes in your day just to be aware of your breathing and becoming fully relaxed can calm the mind completely."



Having some time away from technology

"You may think your phone is essential and without it there is nothing to do, but just see how it feels to take yourself away from it for a bit, it doesn't have to be for long but can make a whole lot of difference."



Exercising regularly for at least 30 minutes

"You can release any stress, anger or tension you have! Doing exercise is also refreshing and gives you time away from work, your phone or staying in doing nothing all day. Being active can help your mind and body to feel better!"



Monday			Tuesday			Wednesday		
Morning  Start your morning with some gentle slow flow Yoga. Find Out More	Afternoon  Free drawing tutorials Why not try your hand at drawing with these free drawing tutorials. Find out more	Evening  Learning to relax is vital for well-being. It reduces tension in all parts of your body and helps you to stay balanced even in stressful situations. Watch Video	Morning  Reading Why not sit back and relax with one of these free books, browse their extensive library. Open Library	Afternoon  Scientific studies have shown that if you do the following five ways to wellbeing happiness will increase. Try these suggestions for your period in isolation. Find out more	Evening  Meditation With regular Heartfulness Meditation, your mind will become centred and shift to deeper levels of feeling, intuition and consciousness. Watch Video	Morning  Why not join in some fun exercising with Joe Wicks. Exercise is a proven method of lifting mood and a great way to start your day. Watch Now	Afternoon  Read this online magazine with lots of tips on keeping your mental health and wellbeing good during lock down. Find out more	Evening  Meditation With regular Heartfulness Meditation, your mind will become centred and shift to deeper levels of feeling, intuition and consciousness. Watch Video

Parent Resource:

Family Information Service Leeds

Provides lots of information to support the whole family during this difficult time. From childcare advice; activities for children; our Young People's website; services to support health and wellbeing. Visit and see what could help you:

<https://familyinformation.leeds.gov.uk/>



Help and Guidance for Lockdown Worries

School and normal family life will change again during this latest lockdown and problems may emerge. The links on this page may help. All families are different, and not everyone will need this guidance, but we hope the links on this page may prove helpful to some.

General Advice

["The Parents' Guide To"](#) is a website aimed at helping parents and carers to support their teenage children to create successful futures. They produce many "Guides To" and whilst this particular guide was published at the start of the first lockdown in March 2020, much of it is still relevant and may help - ["The Parents' Guide to Coping with School Closures"](#).

[Family Lives](#) is an organisation which tries to help families build better lives. They offer online forums and a confidential helpline for emotional support, information, advice and guidance on any aspect of parenting and family life 0808 800 2222 E: askus@familylives.org.uk

Keeping Children and Young People Safe Online

As students are spending more time than ever online, often on their own, it is especially important for parents and carers to be aware of what their children are being asked to do online, including the sites they are being asked to access. At Darton, we have made all of this online learning information fully accessible on Microsoft Teams. However, it is very likely that students will be visiting other online sites for fun and out of curiosity, so we want to provide as much signposting to practical and useful information as we can to help you keep your children safe whilst they are online.

[ThinkUKnow](#) is a website from the National Crime Agency's Child Exploitation (CEOP) and Online Protection unit aimed at helping children, parents and those who work with children get better educated about online child abuse. Try out their [parents' section](#). [Internet matters](#) – aims to support parents and carers to keep their children safe online. Internet Matters have also produced these excellent fact sheets on online safety tips for parents of teenagers:

- [Online safety tips for parents 11-13 Year olds](#)

[PACE](#) (Parents against child exploitation) is charity working to inform parents and professionals about how to keep their children safe. They have a website with a dedicated [parent section](#). Online or private tutors – We are confident that the remote learning Darton Academy is providing is more than sufficient to ensure that our students are able to make progress during this time of lockdown. If parents/carers still feel the need to source additional tutoring, please speak to us first as we might be able to alleviate your worries. If you do explore additional online tutoring, it is vital that you secure online support from a reputable organisation/individual who can provide evidence that they are safe and can be trusted to have access to children.

An online incident affecting a child

If you think there has been an online incident affecting your child and you wish to speak to a member of the Pastoral Team, please see the school contacts below and get in touch as soon as possible. You can also report an incident directly to [CEOP](#) who are a national police agency.

Mental health and wellbeing

If you need immediate support, you can text **SHOUT to 85258** and chat by text. The service is free on most networks and available 24/7, and trained volunteers will listen to you, and work with to help you take the next steps towards feeling better.

[Kooth.com](#) provides online mental health services for children, young people and adults. It is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and is completely free. Please take a look if you need support with your own mental health and wellbeing or if you need some guidance on how best to help someone else. [Recovery College](#) is a useful online resource with general advice, support, and strategies for a wide range of mental health and wellbeing issues.

CAMHS has published ideas for supporting pupils with emotional and mental health difficulties on their website – [You can view these here.](#)

[Child Bereavement UK](#) also has online information on supporting pupils with issues surrounding bereavement.

[Leeds Survivor Led Crisis Service » Teen Connect \(Islcs.org.uk\)](#) offers emotional support and information for teenagers in Leeds. [Teen Connect Leeds | Facebook](#)

Contact Us



Mrs Campbell	Head teacher and Designated Safeguarding Lead	Campba01@brigshawtrust.com
Miss Smithies	DHT FS/KS1 and Designated Safeguarding Lead	Smithih01@brigshawtrust.com
Mrs Johnson	DHT for KS2, SENCO and Designated Safeguarding Lead	Rollsk01@brigshawtrust.com
Mrs Bellas	Pastoral Leader and Designated Safeguarding Lead	Bellasj02@brigshawtrust.com
The School Office		0113 3856080

