

MPS Wellbeing Newsletter 4

The MPS Team

The following staff are points of contact within the school should you have any concerns:

Mrs. K Halliday – Designated Senior Mental Health Lead, KS2 Assistant Head

Mrs. N Goozee – SEND Coordinator, Mental Health Anti-stigma Ambassador

Mrs. H Coyle – Inclusion Manager

Mrs. A Waez – Mental Health and Wellbeing Governor

Healthy me,
inside and out!



At MPS we believe Mental Health and Wellbeing is how we feel, think and act. It determines how we handle stress, manage relationships and make choices. It is important to all of us, at every stage of our lives from childhood through to adulthood.

Re-connecting & Staying connected

This week Mickleover Primary School 'opens its doors once more' and welcomes back some of our children. The classrooms have felt empty – we have missed you! As much as returning to school may feel like a relief, or even feel exciting for some children and parents, it is also likely to be a time when many of you may be feeling anxious. Feeling safe may have come to be associated with 'staying at home' and so we all need to learn new ways to continue to feel safe whilst connecting with our friends and peers and learning together back in school. This will take time and it is important for us to hold on to the idea of a transition period as we develop new ways of learning together. Some of you will not be returning to school yet; we have not forgotten you! We are just as committed to supporting you as those children, parents and staff we shall 'physically' see at school. You are a part of our MPS community and will continue to be.

None of 'this' follows the usual pattern of a school year with all of the annual cycle of events. Children, parents and staff have all been affected by Covid-19 in some form or another. We are still living in "unsettling times". As a school community we need to plan our re-connection. We were walking a path together and then this virus sent us on different journeys – can we re-connect & stay connected? The answer is "Yes!" but it will take time, patience and thought.

This newsletter aims to give you some information for how we at MPS will initially reconnect, stay connected and work together as we move forward through this transition from home learning back into school learning and how we will continue to be a community.

We are about to embark on another journey – a different path - a process of re-engagement. We are all in this together and together we shall face and conquer the challenges ahead – we shall rise strong and be the MPS community we are all proud to be a part of...if not a stronger community.

"Those who live through terrible times will often be able to help others....and some may go on to do something to make the world a better place. Even terrible things can teach some good things – like understanding, caring, courage... and how to be okay during difficult times"

Marge Heegaard (1991) 'When Something Terrible Happens' Woodland Press

Our Curriculum

Like many schools at this time, MPS will not be picking up the curriculum at exactly the same point at which we left it on the day school closed. Too much has happened. We need to consider what the children have experienced:

Loss of social interaction – with friends, family, clubs and sports

Loss of structure – daily routines have altered

Loss of time outdoors

Loss of education

They have witnessed / and are still witnessing adult anxiety – linked possibly to work, bereavement and income.

They may have worries about the COVID-19 virus itself.

Over the next few weeks, our learning both at school and at home will have an emphasis placed on kindness, care and nurture. We need to address the loss that the children have experienced. More time will be devoted to Art / Craft activities, Physical outdoor activities, Music, PSHE circle time and Emotional Literacy. These subjects are well known for their healing qualities within therapy and feature significantly within current educational thinking regarding a Recovery Curriculum – the general expert consensus is that we should be laying the foundations for children in terms of nurture first and foremost, not solely teaching them in the academic sense. It is a curriculum aimed at supporting children, channeling what they have been through in order for them to become stronger in themselves. Although, it is labelled a Recovery curriculum for consistency with government and academic literature, for us here at MPS it is viewed as a curriculum, which promotes care and compassion. We aim to settle the children and get them to a place where they are ready to take up their learning once more. We will continue to include some English and Maths work, which will re-cap previous learning and consolidate skills that have already been introduced this year.

Feeling safe

For our children to feel as safe as possible our school environment will be high in both nurture and structure. We shall use a daily timetable with the children so that they know what to expect from the day. This will help to build routines and settle anxieties. We shall establish ground rules focusing on how we can keep each other as safe as possible with reviews planned to allow for changes and adaptations in response to new developments. New routines and boundaries will be discussed in a child friendly manner in order to provide reassurance- this will allow our children to negotiate their day with confidence. We have made an active decision to **not** use our traffic light Behaviour system at this time – verbal discussions will take place instead. Our initial class based activities will promote self-identity, class identity and our MPS values and SMART Learners will feature in order to develop our community identity.

MPS Safety Message

Mickleover Primary School



We want to keep ourselves safe whilst we work and play at school.

Let's all say the Stay safe message.

Stay safe

**Hip Hip Hooray - stay 2 metres away
Wash, your hands
Before and after play
Sit at your desk
And have fun through the day.**



Motivated

Proud

Successful

Staying Connected – Phone calls

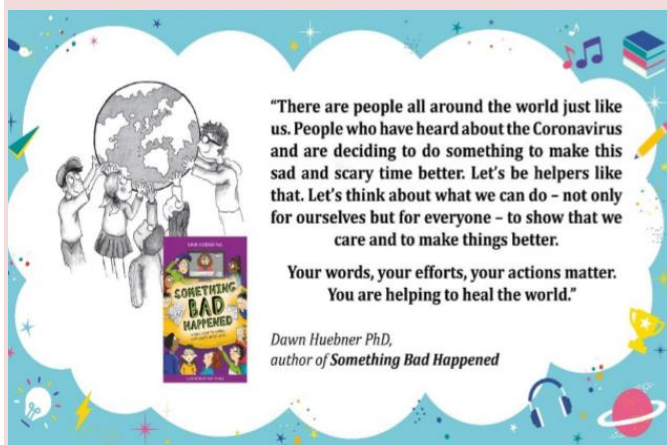
For those of you not returning to school, we want to reassure you that you are still a part of our community and feature highly in our thoughts. Teachers will still be setting home learning tasks that will reflect and include similar activities to those completed at school. Teachers will continue to make regular phone calls home – some children may receive more phone calls than others depending on their needs. As teachers are now timetabled to classes we shall not be making phone calls to the children of key workers, Reception and Y1 who are attending school – these children will make face-to-face contact with staff. If you have a concern or need to contact a teacher, please do so via the Learning Platform, Class Dojo (Infants) or via an e-mail to the school office: admin@mickleover.derby.sch.uk



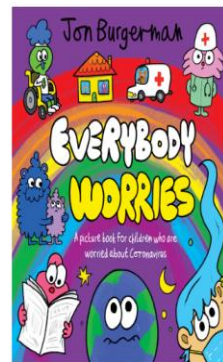
Kindness

During disasters and emergencies, alongside the stories of loss and grief, we also hear extraordinary stories of how different individuals, families and communities come together and act with kindness, courage and initiative. We shall encourage our children to share their stories and hear about ways in which their community helped each other

We will be including activities relating to kindness as part of our curriculum – kindness to oneself as well as acts of kindness that we may show to others



Reading



Everybody Worries

Written and illustrated by Jon Burgerman

In this bright and friendly picture book, children learn that it's okay to worry about coronavirus. Fun rhyming couplets keep the tone gentle and supportive, and you will find plenty of ideas for dealing with coronavirus in a positive way.

Everybody Worries offers your child the reassuring message that this crisis will pass, we are there for them, and we will get through this together.

[Read the eBook](#)

[Read the eBook >](#)

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

Finally

Whether your child is returning to school or is at home with you, we will endeavour to reassure them and tell them that they will come through this and a new 'normality' will return – as they start this journey of reconnection we will be right by their side.

**Mrs. K. Halliday
Designated Senior Lead for Mental Health and Wellbeing**

KS2 Assistant Head

This is all a bit too much for me ...

Any change takes time to adjust to – not just for us but for the children too. There will be difficult days not just for you but also for your child/children as the novelty of the changes and the reality of the situation sinks in.

The following resources may be of use:

	Website	
Child line	www.childline.org.uk 0800 11 11	Website has tips and advice on how to deal with worries linked to coronavirus, lockdown and suggested activities to do if you are feeling anxious.
Kooth	www.kooth.com	Kooth is a free online Mental Health and Wellbeing resource for children aged 11 + (Year 6) and young people in Derby and Derbyshire that requires no formal referral, instead only requiring the user to set up an account on the website. Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends.
Think u know	www.thinkuknow.co.uk	Thinkuknow is the education programme from NCA-CEOP, a UK organisation that protects children online. The parent /carer section has advice, tips and guides about how to keep children safe online.
Qwell	www.qwell.io	Online counselling and wellbeing support for adults.
MindEd for Families	www.mindedforfamilies.org.uk	Learning resource about the mental health of children, young people and older adults.
Young Minds	www.youngminds.org.uk	The UK's leading child and adolescent mental health charity. The info for parents is especially good.
Samaritans	www.samaritans.org 116 123	Free confidential support line for people who are feeling overwhelmed by problems they are facing.
Refuge	www.nationaldahelpline.org.uk 0808 2000 247	Domestic abuse helpline and online support and information Free 24/7
Citizens Advice	www.citizensadvice.org.uk	Online free advice –helping you to find a way forward on many issues. Lots of advice relating to coronavirus and work related / income concerns.

