

MPS Wellbeing Newsletter 3

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.

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

It is now over 6 weeks since schools closed and home schooling began! For some of you it may feel longer than this, for others you may have discovered a routine which works for you! As we all continue to adjust to this temporary way of life and with 'lockdown' measures soon to be reviewed it seems fitting to touch base with you all once more through this Mental Health and Wellbeing Newsletter.

At MPS, we are currently working hard to support you and your child with their home learning. We empathise with the challenges you are facing and are aware that many of you may be worried about relatives, have experienced bereavement, be facing concerns over your job and income or are a key worker on the front line. Please be reassured that the priority for all of us at MPS is that your child/ children are safe. Unlike in school, where children all have the same facilities and resources, we are very aware that some pupils do not have full IT access at home or may need to share the IT that they do have. Neither you nor your child will be in trouble for not completing all of the home learning tasks set! We hope that you try and complete what you can manage in your circumstances, prioritising Reading, Maths targets, times tables, a physical activity to support mental health and a creative activity to ease anxiety and worry. We know that you will try to do your best for your child.

We are limited by the social distancing constraints put upon us during this time but MPS staff are working hard to support you. Teaching staff are currently accessing the Learning Platform on a daily basis, they are answering your e-mails and are making phone calls home to check that you and your child are ok. Mrs Coyle has been making 'door step' visits to support the children and parents that she would normally work with in school.

Should you need to make contact, please do so in the following ways:

Learning query: via your child's Learning Platform account – send us an email – teachers will aim to check daily. Please note that **only Infant children** have access to Class Dojo

All other queries via the school office
admin@mickleover.derby.sch.uk

Support for Pupils



We have attached this guide published by Nuffield Health with this Newsletter. It has many practical tips and activities and is worth a browse. It gives guidance on how to talk to children about their feelings and emotions – especially useful if you feel your child's mood has changed.

Introduction

As we face a global pandemic and a time of unprecedented change and uncertainty, children are at risk of suffering emotional and mental health challenges. Their routines are disrupted; they're not able to see their friends, or play their usual sports and may even be missing their schools and teachers. They may also be picking up on their parents' worries and concerns about the extent of the virus, and its long-term effect on jobs, finance and the future.

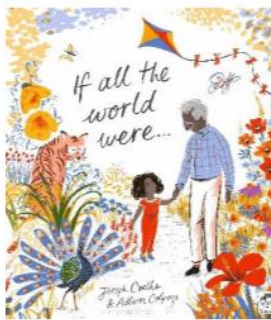
When we speak of mental health, we want to think about being mentally healthy, not just being free from mental illness. Mental health refers to the health of our thoughts, feelings and behaviours. It is important to recognise this with our children, and that they can recognise this themselves.

This guide helps you and your children to:

- ◆ Develop awareness
- ◆ Have conversations
- ◆ Learn to listen
- ◆ Utilise practical tips
- ◆ Try new activities

all to help improve emotional wellbeing.

If you have been affected by bereavement, the following resources may be of use:



If All the World Were by Joseph Coelho, illustrated by Allison Colpoys

ISBN: 9781786036513 Format: Paperback Publication date: January 2019
Age range: 5+ Extent: 32 pages Other format: ebook 9781786033925

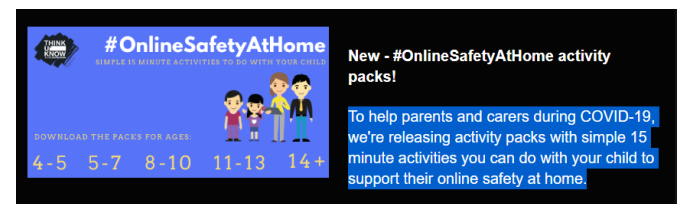
A moving, lyrical picture book about a young girl's love for her granddad and how she copes when he dies, written by poet and playwright Joseph Coelho.

This beautifully illustrated, powerful and ultimately uplifting text is the ideal way to introduce children to the concept of death and dying, particularly children who have lost a grandparent.

www.winstonswish.org

The UK's first childhood bereavement charity. They offer a range of helpful and practical resources, memory boxes and specialist publications.

Thinkuknow is a website offering activities and advice on how to keep children safe online. It has home learning packs aimed at different ages.



It also has a guide for parents on how to use video chatting with primary aged children and advice on the things parents should consider in order to use this resource in a safe and fun way with children.

parentinfo.org/article/video-chatting-a-guide-for-parents-and-carers-of-primary-school-age-children



How can I stay positive during this difficult time?

What are some of the things we can do if we are feeling bored?

Being 'bored' is when you feel tired and impatient because you have lost interest in something or you have nothing to do. How can you stop yourself from feeling bored if you have to stay at home?

Think about some of the things that you enjoy doing or some of the hobbies and clubs you are part of. How could you adapt them so that you can still do them at home? Can you think of anything you might like to learn to do e.g. gardening, cooking, knitting or speak a foreign language? Make a list of your ideas so that you can come back to them if you are feeling bored!

Sometimes it is important to feel bored. It can help you to appreciate things or make you be inventive in finding ways to stop this feeling.

Stay connectedshare your stories with us...

We have really enjoyed receiving photographs, videos and musical clips from you. Some of the teachers have been videoing themselves reading stories and are taking part in Challenge 26 activities – these are being uploaded onto the Learning Platform to share with you.

Tell us about any community projects you may be involved with – are you helping your neighbours, raising money for charity or helping mum and dad at home?

When we return to school, we shall reflect upon the time we have had away from each other and celebrate our resilience during this difficult time. If you have any artwork, writing or diaries, which you would be willing to share – keep them and when we re-unite we will share your experiences via a Gallery display.

Do you know about the 5 Ways to Wellbeing?

There are simple ways that we can all use to make a difference to the way we feel, think and react to life's ups and downs.

The 5 Ways to wellbeing are tried and tested actions to improve both mental and physical wellbeing

It takes a bit of practice to build them into your life, but they are fun and these small changes make a difference.

Derbyshire County Council have produced a video clip to show how we can still follow the 5 ways to wellbeing during the coronavirus outbreak:

<https://www.youtube.com/watch?v=JVJbxa-B6ds>

Finally

All the staff at MPS would like to say a big "Thank You" for the supportive messages, biscuits and chocolates that you have sent. They keep us motivated!

Please do stay in touch and most importantly stay safe and healthy.

**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.

