

GHPS Wellbeing Newsletter

Welcome to our wellbeing newsletter. Below are ideas with helpful web links to support your child's wellbeing while they are at home.



Being Present

Being present is another way of saying 'to be in the moment'. The NHS website says, "Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you." Being present can help give us a sense of calm and can also help us to become more aware of the world around us, but also more aware of our feelings and thoughts at a given moment.

There is lots of information in the world about being present and it is also referred to as mindfulness. Though being present can be a helpful practice if we're feeling anxious or frustrated, it is good to focus on being present on a regular basis. Here are some examples of staying present:

- Take a moment to pause and focus on your thoughts.
- Close your eyes and take some deep breaths – in through the nose and out through the mouth.
- Focus on your senses:
 - What can you see?
 - What can you hear?
 - What can you taste?
 - What can you smell?
 - What can you touch?
- Take a moment to focus on your surroundings. What can you notice? Is there a breeze? Can you smell the grass? Is it a cloudy day?



The Benefits of Physical Activity

Doing physical activity can help raise our self-esteem and positively change our mood. We know that doing exercise releases chemicals in our brain that help with mood, stress relief, and is a way to keep us focussed when it feels like our mind is racing around. Physical activity can also give us a sense of achievement. For example, if you start using a skipping rope, with time and practice you might be able to do special tricks.



Think of some new activities you can try out to make your time of physical activity more fun, and maybe write down the name of a person or some people you can do these things with e.g. you could try riding your scooter with one of your parents, learn a new skipping trick etc.

Try and learn new skipping skills e.g. side straddle by watching videos by Dan the Skipping man:

<https://www.youtube.com/user/dantheskippingman/feed>



Five Day Kindness Challenges: Weather and the Planet

Day 1	What is weather and why does it change? Look outside the window – is it sunny, raining, or something else? Research online and write a paragraph about why the weather is how it is today. If it is raining – where does the rain come from? If it is sunny – why is it warmer today than another day?
Day 2	Today, go outside and experience the weather. When you come back inside, think about how it made you feel, and how different kinds of weather can have an effect on you. How did today make you feel?
Day 3	Imagine a perfect day. What weather would it be, and why? What would the temperature be? Would there be wind? What would the sky look like? What would you be doing? Draw or paint a picture of yourself enjoying your perfect day.
Day 4	In certain places in the world, the weather has changed very quickly. Research the effects of Climate Change on the planet and on people, and write a paragraph about what would happen if this change continues.
Day 5	What can people do to stop the process of Climate Change? All of us have some responsibility, but much of the pollution also comes from big companies. Think about and write down one way you can prevent pollution at home, and think of another way to prevent companies from polluting the planet.

Places to go for Support and Advice



This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family. <https://www.nhs.uk/oneyou/every-mind-matters/>

Talking Therapies is an NHS service providing support to the people of Berkshire including NHS staff and carers, experiencing distress at this unprecedented time. They are there to support those aged 17+ struggling with mild-moderate low mood, stress, sleep difficulties, worry and bereavement.



You can self-refer by calling 0300 365 2000 or by completing an online form at: <https://talkingtherapies.berkshirehealthcare.nhs.uk/make-a-referral/self-referrals/>



The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website: <https://www.nspcc.org.uk>

The BBC Newsround site has a comprehensive section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means: <https://www.bbc.co.uk/newsround/51204456>



Any of our families with autism may be interested to know that Autism Berkshire continues to offer services to families wherever possible. They are moving things online as well as keeping the helpline and contact email address live.

You can contact them by phone: 01189 594 594 or email contact@autismberkshire.org.uk

The Autism Group are offering telephone support service for parents who live in East Berks. Also, they have extended their service at the moment to offer evening calls as well. Call Tricia Kempton (Charity Manager) on 07423 636339 or email: info@theautismgroup.org.uk for further information.



Communicate any concerns with school

If you have any worries or concerns about your child's emotional behaviour or wellbeing, then please let school know. There will be things that we can do to help and support you.

We would love to know if this newsletter is useful to you or if there are other support ideas you might need. Please let us know by email to ghpsoffice@maidenerleghtrust.org



Keep safe and well,

Mr Ferris, Mrs Watson and all at Great Hollands Primary School