

GHPS Well-Being Newsletter

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

Helping Children Sleep during COVID-19

Children are creatures of routine and thrive when they know what time to go to bed and what their routine consists of. A consistent routine will help reduce many anxieties displayed at bedtime.



Physical exercise is really important for mental health. Being physically tired can help children drift off for a good night's sleep. Make the most of your daily exercise by going for a run, bike ride etc. Also, Mr Roberts has been finding entertaining and challenging PE resources to help everyone stay active. You can get your child to take part in one of Mr Robert's challenges, which can be found in the [PE Resources](#) section on the website within the Year Group pages section.



As mentioned in the first newsletter, Yoga can be helpful for calming your body down and getting ready for rest at night. Try getting your child to lay down on their back with their legs perpendicular up against a wall. Have them put their arms out to their sides and encourage them to do some deep breathing as they lay like this. If it's possible, have them do this pose in their bed, so it's easier to transition them to lying in bed for sleep. You can also try Yoga during the day with your child.

Below are the yoga links.

For younger children:

<https://www.youtube.com/watch?v=R-BS87NTV5I>

<https://www.youtube.com/watch?v=0ImHIWzP49M>

For older children:

<https://www.youtube.com/watch?v=0eJoUIBhLkE>

https://www.youtube.com/watch?v=sM5MGLMNN_E



Reminder - A Book for Children - Covid 19

Remember that there is a free information book explaining the coronavirus to children, illustrated by Gruffalo illustrator **Axel Scheffler** on the school's website. The book can be found on our [Wellbeing](#) page in the Parents' section.

Reminder about the Express Your Feelings Challenge

In last week's newsletter, we asked your child to produce a piece of artwork, descriptive writing, song or rap about feelings etc. We would really like to share their wonderful work so please e-mail their feelings work to school so we can celebrate it on our website or in our newsletter.



Five Day Kindness Challenges

Theme - Kind to Animals

Day 1	Looking at the natural world can be good for our mental health. Watch live cameras of pandas https://www.youtube.com/watch?v=Gm3bQVANTVo) or elephants https://www.youtube.com/watch?v=s4SiFUNYdTts) Draw what you see and e-mail your pictures to school.
Day 2	If you are lucky enough to have a pet, spend 20 minutes playing together today. Try and teach your pet a new trick! If you do not have a pet, you can invite animals to your home by creating a bird feeder: https://www.youtube.com/watch?reload=9&v=7yV6V6rtpyc
Day 3	Many animals are in danger of going extinct. Find out about them here: https://www.dkfindout.com/uk/morefind-out/special-events/angered-animals/ . Design a poster to inform people about what they can do to protect and save endangered animals.
Day 4	Listen to https://www.youtube.com/watch?v=aYAJopwEYv8 by yourself or with your family. It is a famous piece of music that is supposed to sound like a bumblebee flying. As you listen, write, draw or paint what it makes you think about.
Day 5	Spend some together as a family by holding your own animal quiz or creating your own animal board game.

Please e-mail in any of your drawings etc. as we would love to see them!

Places to go for Support and Advice

NSPCC

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>

YOUNGMINDS
fighting for young people's mental health

Young Minds – <https://youngminds.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

Communicate any concerns with school

If you have any worries or concerns about your child's emotional behaviour or well-being, 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@maidenerleghttrust.org

Keep safe and well,

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

