

# 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.

## Free Online resources for pupils

Area	Resource	Provider	Details
Touch Typing	Touch typing programme (BBC Dance Mat)	BBC	<a href="https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr">https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr</a>
Phonics/ Spelling/ Grammar/ Maths/ Science	Range of primary and secondary resources	Pearson	Parent support and link to access resources: <a href="https://www.pearson.com/uk/learners.html">https://www.pearson.com/uk/learners.html</a>
Reading	A wide range of audiobooks available for a range of ages	Audible	All ages: <a href="https://stories.audible.com/start-listen">https://stories.audible.com/start-listen</a>
Speaking and Listening	The Communication Trust	The Communication Trust	Resources for parents to encourage talking, listening and understanding. Different focuses to suit different age groups from early years to age 19. <a href="https://www.thecommunicationtrust.org.uk/resources/resources/resources-for-parents/">https://www.thecommunicationtrust.org.uk/resources/resources/resources-for-parents/</a>
Writing	Provides a photo stimulus for a writing task every day.	Pobble	All ages: <a href="http://www.pobble365.com">www.pobble365.com</a>

## Understanding the connection between emotion and behaviour

A child that has difficulty regulating emotions may frequently engage in behaviours that appear impulsive and might be challenging to manage. The strategy of '**Stop, Think, Do**' is a good mantra for parents/carers to use. Stop and think about what the behaviour might be communicating, were these patterns of behaviour evident previously or could they be a reaction to the recent COVID-19 pandemic and a result of painful memories being stirred up? Respond calmly and clearly.

Children need to be aware that their behaviour has consequences; however, they require patient teaching, reminders and clear boundaries and expectations that are repeatedly explained in different ways and enforced consistently. Respond to the underlying emotions rather than the behaviour and build in positive actions into their daily life such as 'Keeping active, connecting with others, taking notice of how they are feeling, helping others and reflecting on things that have gone well that day.'





## Five Day Kindness Challenges:

### Looking after our families

Day 1	We hope you 've been enjoying 'PE with Joe' at 9.00am. If you're ready to try something new, try a yoga class: <a href="http://www.youtube.com/watch?v=X655B4ISakg">www.youtube.com/watch?v=X655B4ISakg</a> and invite the family to join in.
Day 2	As a family, listen to the 'The Kindness Book' by Todd Parr: <a href="http://www.youtube.com/watch?v=SFzmydggwgc&amp;feature=youtu.be">www.youtube.com/watch?v=SFzmydggwgc&amp;feature=youtu.be</a> Create a poster together called 'In our family, kindness is...' and display it proudly in your house.
Day 3	Find a healthy recipe online: <a href="http://www.bbcgoodfood.com/recipes/collection/family-meal">www.bbcgoodfood.com/recipes/collection/family-meal</a> and offer to cook it with your family. Sit down and share the meal you've cooked together - no phones and no TV!
Day 4	Think about how you might help elderly neighbours or people who live by themselves. Maybe your family can go shopping for them, share any extra meals with them or call them once a week to ask how they are?
Day 5	Paint or draw your family tree: <a href="http://www.familytreetemplates.net/category/kids">www.familytreetemplates.net/category/kids</a> . Under each person's name, write something you like or admire about them. When you're done, ask them to write something nice about you under your name.

## 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

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 <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>

**YOUNGMINDS** Young Minds – <https://youngminds.org.uk/>  
fighting for young people's mental health

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](mailto: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](mailto: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 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 [gphsoffice@maidenerleghtrust.org](mailto:gphsoffice@maidenerleghtrust.org)



Keep safe and well,

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