

# 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.

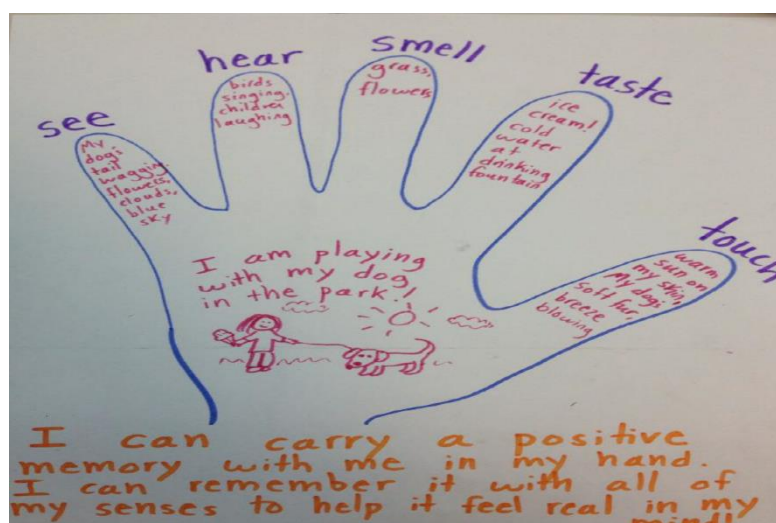
## Activities promoting connectedness and resilience

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 can encourage children and young people to share their stories about ways in which their community helped each other. For example, neighbourhood delivery networks springing up to provide medicines or shopping to people who couldn't get out. We can reflect on what might have changed possibly for the better or what has been brought into sharper focus for us. For example, stories about the impact on the climate such as reduced industrial activity, road traffic and expanded bike lanes leading to air pollution plummeting and birdsong returning to neighbourhoods.



## Carrying a positive sense of calm in the palm of your hand

1. First ask your child to trace their hand on a sheet of paper.
2. The child then thinks of a positive memory that would help them feel safe and calm to remember even in the midst of stressful and triggering situations.
3. Write each of the five senses (seeing, hearing, tasting, touching and smelling) on each of the five fingers.
4. The child (or adult can write it down for the child) will draw and / or write about the memory in the palm of the hand.
5. Encourage your child to identify how the memory is experienced using each of the five senses on each finger and write or draw a picture for each.
6. Last but not least, talk about how thinking of this memory can help your child feel a sense of safety and inner calmness despite outer life circumstances.



Day 1	This week is about poems. Take a look at some of some of the Kindness Poems below and choose the one you like the most: <a href="https://www.kindness-school.org/kindness-poems">https://www.kindness-school.org/kindness-poems</a> What makes the poem unique? What do you like most about it?
Day 2	To get inspiration for your own poem, think about a moment when you experienced an act of kindness. Make sure you take notes about the act of kindness itself, but also how it made you feel and why it is important to you.
Day 3	Today, write a first draft of your poem. It can be any length, but it must be about kindness. It doesn't need to rhyme, or be written in any particular way – the most important thing is the kindness within the poem itself. Ask a member of your family for support if you need it. You can also watch this video for more information about different kinds of poems: <a href="https://www.youtube.com/watch?v=JmkgAWAGtbE">https://www.youtube.com/watch?v=JmkgAWAGtbE</a>
Day 4	Read the draft of your poem alongside the experiences you wrote down on Tuesday. Try to think about kindness and about writing – your poem e.g. how would your reader feel?
Day 5	Today, read your poem again. Do you feel like making any changes? Are you happy with your poem? There is no right or wrong – as long as you are happy with it, it is a good poem! If you feel like it, share your poem with the school by emailing it to: <a href="mailto:ghpsoffice@maidenerleghtrust.org">ghpsoffice@maidenerleghtrust.org</a>

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



Keep safe and well,

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