





Community Wellbeing Newsletter

WE are getting very close to returning to school and are getting excited to see all of you again and being able to show the changes that have been made. In this newsletter we aim to offer you advice and links to preparing for the return. Things will be different but we want to make the transition a supportive and easy as possible.

Top tips as lockdown eases.

- Keep checking on the information you and your family are absorbing about the global pandemic. Don't let too much exposure to news and Updates impact on your wellbeing.
- 2. Sometimes we forget to be aware of our breathing.

 Take a few deep breaths, clear your mind, focus on your breathing. Practice with your children. It can help to calm things down very quickly.
- Remind yourself and your family of your strengths and what you have already coped with to get to this point.
 We are usually stronger than we give ourselves credit for.
- 4. Make time to talk—during mealtimes, in the car, sitting on a child's be at night. Check how everybody is feeling what there thinking, watch out for each other, particularly children and young people and those more vulnerable. Take time out to relax and have fun.
- 5. Reach out for support from family, friends, colleagues and school. Seek professional help if you feel you, or a family member, need it.

And remember lets be kind to ourselves and to others.

Is returning to school compulsory?

Yes— the government has said that all students are expected to return for the new term, even if they have previously been shielding.

In theory, parents can be fined for keeping their children at home, but we will work with families/carers to get the children back into school. You may have already been contacted and have a plan in place or if you still have concerns let us know. Everyone understands that there are many valid concerns about safety and social distancing and we want to make the return as comfortable as possible.

Tips to help your child cope returning

- Talk to them about how they feel—its important to encourage your child to discuss their feelings about returning to school. If felling anxious or worried, help them understand this is perfectly normal and that you and their teachers are there to support them. Although difficult try not to share any anxiety you may have.
- Pack right, pack light—make a check list on what they will need for returning on first day and get ready before hand so encourage a smoother morning on the first day. It's a good idea for them to pack and get uniform out ready to feel in control of the day.
- Reading Rules. Re read any information and share that with your child so everyone is clear of what is going to happen when returning to school. You may be asked or need to repeat this information many times before returning but this is very important to offer reassurance.
- Stay informed—given the long absence from school, there
 may be a difficult period of readjustment. There may be
 fresh challenges with their work, classmates and introduction of a new teacher and coping with getting used to the
 school rules and routines again. Be prepared that they may
 need time to let off steam when returning home and discuss with them how this can be achieved.
- Getting some rest— we have all been getting used to some rather unusual hours during lockdown and slipped out of any routines. Now is a good time to draw up a timetable to get back into a reasonable sleep routine. We all know the link between and benefits of sleep to enable learning.

Lots of more information about getting back to school here are some more you could read or watch videos with your children

Parents info website

Worcestershire children first

Barnardo's See, Hear, Respond

Importance of sleep



Prioritising sleep—the use of smartphones, tablets and games consoles close to bed time can affect users ability to switch off. Studies have shown that even an additional half an hour a day can have a direct impact on wellbeing and achievement.

Routine, routine, routine, improve the likelihood of falling asleep quickly and deeply by doing the following;

Having a regular bedtime and get up time—even at the weekend

Having a relaxing bedtime routine— many people find a warm drink, bath or calming activities such a reading listening to music .

Creating a good space for sleep, a good sleep environment can also help you sleep more quickly and more soundly. Things to consider;

A comfortable bed and bedding that is suited to the time of year.

The room being at the right temperature

A room that is dark enough (but lets light in when its time to get up)

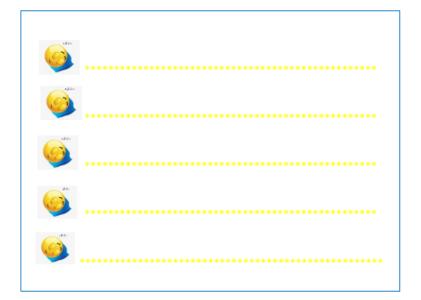
Quiet use ear plugs if needed

Encouraging the association between the bedroom and sleeping by having separate zones.

Going offline—another common issue is that many teens find it hard to switch off from the online would and that this can eat into their sleep. Ideally teens should be turned onto do not disturb when going to sleep. Not sleeping within arms reach of online devices. Keep chargers outside the bedroom, so teens have to go to bed without devices.

Sleep Routine

After reading our healthy sleep advice try sitting together and write down 5 things you are going to do to get better sleep. You might already do them or you might want to add them to your routine.



You need to get 9 to 11 hours sleep a night if you are aged 6 - 13 Years



WHY IS SLEEP IMPORTANT?

Z Z FUNCTIONS OF SLEEP



cleaning the brain of toxins



physical restoration



information processing & memorization



mood regulation



strengthening immune system





A Great website to check out is Banardos See, Hear, Respond. Rapid support for children and young people affected by the coronavirus crisis.

The See Hear Respond Partnership is a now service funded by the Department For Education. As a school we are able to refer you for support if you ask for support. Otherwise you are aable to contact them yourselves. If you ar not sure if they can help its okay to give them a call. You can tell them about yourself and if and how they can help.

They can usually help if:

- You are under the age of 18
- You have special educational needs and are under the age of 25
- You are not already supported by social services
- Iyou care for someone described above or,
- If you are expecting children.
- They wont judge you or blame you no matter what you are going through

You can call free on 0800 157 7015 to speck to a friendly person, and talk about what kind of support works for you.

Lines open Monday to Friday 9am to 9pm and Saturday and Sunday 10am to 6pm or visit the website and complete a

