



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.

1. 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.
3. 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 bed at night. Check how everybody is feeling what they're 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 let's 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—it's important to encourage your child to discuss their feelings about returning to school. If feeling 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 world 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.

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

You need to get 8 to 10 hours sleep each night if you are aged 14 - 17 Years

WHY IS SLEEP IMPORTANT?



-  cleaning the brain of toxins
-  physical restoration
-  information processing & memorization
-  mood regulation
-  strengthening immune system

| Important information | |
|--|--|
| Start dates | Water proof coat / out door education clothes |
| Primary, Class 7B Yr9 Yr11 — 3rd September | Named water bottle and lunch box if needed |
| Yr8 and Yr10 — 9th September | Face mask for journey and items to keep occupied for journey only. |
| Uniform to be worn by all children | Remember to have breakfast to start the day. |
| Pencil case needed | |



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 able to contact them yourselves. If you are 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
- You care for someone described above or,
- If you are expecting children.
- They won't judge you or blame you no matter what you are going through

You can call free on 0800 157 7015 to speak 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

Self-care for days when your mood needs a boost

MindWell

- Pause and take a **mindful** moment - really notice what you can hear or see.
- Say hello to someone - friend, neighbour or person at the bus stop.
- Plan to eat something really tasty today - a piece of fresh fruit, a bowl of spicy soup, a colourful salad - something that makes your senses sing!
- Put on some music and dance around your living room or sing along.
- Take a walk outside - notice trees, birds and plants.
- Take a break at lunchtime - explore your local area, have a chat, do a crossword or make yourself a soothing or refreshing drink.
- Relax with a funny film or your favourite TV programme.
- Visit **Leeds Art Gallery** for free to see beautiful or inspiring art work.
- Change your bedding or put on clean nightclothes and enjoy the smell and feel of fresh laundry.
- Cuddle or stroke a dog, cat or other pet. Borrow a friend's pet if you don't have one!
- Enjoy a perfumed candle, your favourite scent or the smell of flowers.
- Doodle whatever you like and colour it in.
- At the end of the day, write a short list of things you are grateful for or things you've enjoyed today.
- Read or listen to a book or podcast you enjoy.
- Plan some self-care time just for you - what would you enjoy doing later today or tomorrow? Look forward to it!
- Massage your hands, feet or scalp. Use lotion or oils if you have them, to look after your skin.

www.mindwell-leeds.org.uk

Useful numbers and websites

Samaritans 116 123 Free or [website here](#)

Calm 0800 58 58 58 or [website here](#)

Mind 0300 123033093 text 86463 or [website here](#)

Childline 0800 1111 or [website here](#)

Respect—Men's Advice line 0808 801 0327

Victim Support 0808 168 9111

National Domestic Violence Helpline 0800 2000 247

Please remember, there is no shame in using any of these services if you're finding things difficult. We all need a little help sometimes.