

Community Wellbeing Newsletter

Now we are at half term we find ourselves, still in lockdown. We are aiming to be fully open on the 8th March and able to welcome children back to their bubbles. Giving parents/carers a break from home learning. The effort which staff have put into children education has never wavered; just adapted to the circumstances. If you have any feedback that you would like to share, please email me it would be lovely to hear how we have been doing.

Reminder— we understand that times have been different however, we still expect all student who are attending school to be in uniform. If you need help ordering or reminding of expectations please contact us.

Online Courses

Up coming courses for you to take a look at , they are interesting and fun. You will get to talk to other parents, share ideas and learn new skills for the safety of you own home. What a great way to show our children we as adults can still learn new things and be open to new ideas, learn a skill or even start a new career.

Book and Cook Family Course for Parent & Child

Course Description: This course is for parents or carers and their child and it will focus on a different children's book each session. The book will give you ideas for ingredients to cook something healthy, affordable and fun together which will extend the enjoyment of the story by cooking together. Your friendly tutor might also add in any fun games or activities based on the book that will increase the enjoyment of the session for you and your child.

Time For You - Your turn to Learn

Course Description: This is a progression course from 'Your Turn to Learn' course. Learners on this course will progress from having time for them in a group with a tutor to start thinking about what their learning journey might look like and what they would like to learn next. We will aim to empower learners to take a step in their future and consider that it is their turn to learn and want to seek the next step.

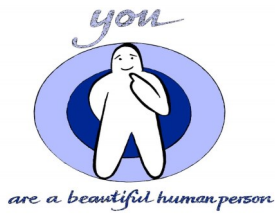
Nurture course for parents for children with SEND

Course Description: This course is for all parents and carers of children with special needs and disabilities to give them time for themselves to nurture their own health and wellbeing. This course will be led by our friendly Family Learning Tutor who will give you time to explore some new arty ideas and create some new crafting activities whilst offloading with other parents and carers in similar family situations. This course will give you 'time for you' to enjoy some new activities

Magnificent Maths Course for Parents Online

Course Description: A course for parents of Pre-school children and Reception Children to teach parents about the maths they will be taught and to show them how to make maths resources to use at home to support their young child with maths. These crafty maths resources will be made in each session. Skills taught to parents include: recognising numbers, matching numbers, more/less vocab, add and subtraction, number and shapes, doubles, halves, sharing and outdoor maths.

Alternatively you can search for the course title to book on at worcestershire.gov.uk/courses or ring 01905 844322 for support to book onto a course.



How can you promote good mental health?

Put simply, you can do this by:

- being aware of the things you say and how you speak to your child;
 - clear and positive actions;
 - and through the environment you create at home;

1. **Connect with your child everyday.** Try to have make time every day for an activity where you can connect with your child without distractions that enables comfortable conversation. We all lead busy lives, but doing an activity like this together will offer your child the opportunity for them to feel secure and express how they are doing / feeling;
2. **Have quiet time together.** This is a great way to connect with your child and takes no planning! Uninterrupted quiet time provides an ideal environment for your child to focus and build their attention span. When things are overwhelming, quiet time can help your child reset their thoughts and avoid behaviour escalation to meltdowns;
3. **Praise your child when they do well.** Recognise their efforts as well as achievements- praise the small steps. For example, say your child has difficulty sitting quietly and calmly at the dinner table. Although desired, it would be unrealistic to initially expect them to do this for half an hour. So small steps might be praising that they achieved 5 -10 minutes. At the next meal this could be built on by reminding them of their previous achievement and setting a new goal of 15 minutes;
4. **Foster your child's self-esteem.** Self-esteem is how they feel about themselves, both inside and out. Children with good self-esteem generally have a positive outlook, accept themselves and feel confident. Fostering self-esteem includes showing love and acceptance, asking questions about their activities / interests and helping them to set realistic goals;
5. **Actively listen to your child.** That's really listening to what they are saying and how they are feeling. Often the way children feel may seem unrealistic or disproportionate to adults but remember, children do not have the wisdom of experience and they may need help and direction to make sense of situations and feelings. Try to answer your child's questions and reassure them in an age-appropriate manner. Whilst you may not be able to answer all their questions, talking things through can help them feel calmer;
6. **Wherever possible stick to commitments and routines.** Following through on commitments and routines builds trust and continuity, important relationship factors. Try to keep to as many regular routines as possible to help your child feel safe and secure. This includes having regular times for going to bed, waking up, eating meals and doing activities /hobbies;
7. **Keep your promises.** Should the need to break a commitment or routine occur make sure there is a valid reason and take the time to explain why to your child. Remember success comes from keeping your promises to your child;



RIVERSIDES
EVERY STUDENT MATTERS



BEFORE YOU POST... THINK!

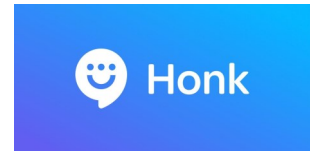
- T** - is it true?
- H** - is it hurtful?
- I** - is it illegal?
- N** - is it necessary?
- K** - is it kind?

The latest from Net Aware

Have you heard of Honk?

Honk is a new messaging app that lets you chat to people in real-time. Unlike other messaging apps, there's no history and no send button. But is it safe?

Honk is a messaging app that lets you chat, share images and send emojis 1:1 in real-time using a live chat box. There's no chat history or send button and you can see what the other person is typing as they type it. It is currently only available to download on the Apple Store.



Overall safety rating POOR



Net Aware

<https://www.net-aware.org.uk/resources/>

Please take a few minutes over half term to sit with your children and register with net aware then take about the site. It is amazing how much more the children know about Online safety . In school every Friday's Tutor time all classes do work around online safety. Have a chat and let them tell you more.

Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?



Test your child's online safety knowledge with our quiz

Have fun with the whole family and find out just how much your child knows about keeping safe online with our online safety quiz. We have two versions available one for under 13s and one for over 13s.

Complete it one on one with your child or together as a family, taking it in turns to answer questions. You could even host a virtual quiz with your child's school friends. It's editable so you don't need to print it off. Simply download it onto your chosen device and get quizzing!

[Under 13 quiz](#)

[Over 13 quiz](#)

Worried about a child?

If you're worried about something a child or young person may have experienced online, you can contact the NSPCC helpline for free support and advice. Call us on 0808 800 50000 or contact us online

Children can contact Childline any time to get support themselves.

Click here to [GET SUPPORT](#)

Have a lovely break over half term, stay safe and put all your work away. Learning is not all about work packs, woodland walks, cooking , construction and laughter is all types of learning .

See you on Monday 22nd February