

Support and Well-being Bulletin 4

Friday 17th July 2020

Dear Parents and Carers,

Congratulations - you have made it through to the school summer holidays! No doubt many of you are relieved to have a break from the home learning routine, and will welcome the chance to take your foot off the gas, but we are equally mindful that for some, the summer looms ahead with its own set of challenges. Keeping your young people entertained, navigating the dos and don'ts of government guidelines, managing your child's transition, and looking after your own mental and physical health needs... it is natural to feel overwhelmed at times. Take every day at a time, and do continue to use the resources and advice posted in this bulletin and on the school website.

Back to School support



A reminder from the last bulletin that the team at Surrey CAMHS (child and adolescent mental health service) have put together a comprehensive [resource pack](#) to enable you to support your child/ren with their return to school. I would strongly recommend you take the time to look at the whole document which can be found on the school website or via the link above.

CAMHS has now released an additional resource, looking specifically at Year 2, Year 6 and Year 11. This is going out to all our Year 6 leavers, along with the incoming Year 3 parents and carers, via ParentMail.

Furthermore, in recognition of a need across the local area, Surrey Heath Family Centre are running a workshop about how to manage 'back to school' anxieties in August (see flyer, right). Please contact the number given to register your interest.

Surrey Heath Family Centre are running a
**Return to School Anxieties
Workshop**

Please call 07565 202058 to book.

This workshop is for all parents who are worried or anxious about the return to school in September, or if you have children who are feeling anxious about returning to school after Covid-19.

Workshop Format:

- Prior to the workshop a staff member will telephone you to find out your concerns.
- The workshop will be a pre-recorded video you can watch in your own time
- After the workshop you will receive a follow up phone call

Call 07565 202058 to book

Calming and relaxation techniques



Please visit our [Support and Well-being page](#) for more short videos of mindfulness activities created by the lovely Mrs Murray.

Supporting children through bereavement

Jigsaw, a Surrey-based bereavement charity, is offering the following information evening to parents and carers who are supporting a child through the loss of a loved one.

 <p>INFORMATION EVENING</p>  <p>How to support your bereaved child</p> <p>5TH AUG 2020 7.30 - 8.30PM ONLINE VIA ZOOM</p> <ul style="list-style-type: none"> Children's understanding of grief Physical and emotional responses from children 	<ul style="list-style-type: none"> Facts about grief Age appropriate information Managing fears and worries Practical ways to support <p>Register in advance for this meeting: https://bit.ly/3dXzu4i</p> <p>After registering, you will receive a confirmation email containing information about joining the meeting.</p> <p>www.jigsawsoutheast.org.uk 01342 313895</p> <p>     <small>Reg. Charity No. 1147696 Company No. 08014061 Patrons: Sir Edward Davy</small> </p>
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There are further resources around bereavement within the [Education Psychology](#) resource pack on the school website.

Young Carers

Lockdown has been a particularly challenging time for the Young Carers in our community as school can often provide the break and respite needed from supporting vulnerable siblings and/or parents. If you would like to find out more about how to support a young carer in your family, please get in touch with Surrey's team:

Please get in touch with us any time — here's how to reach us:
 Tel 01483 568269 / Email syc@actionforcarers.org.uk / Web www.actionforcarers.org.uk
 Twitter @SYC_YoungCarers / Facebook @ActionforCarersSurrey






Managing Anxiety

Last month, I sent out a link to some CAMHS webinars about supporting your child with anxiety. The links to these webinars can be found on the [Surrey NHS website](#), along with other resources that could be useful in guiding your child/ren through this difficult time. Please go to the BOTTOM RIGHT of the page to find the materials relating to children and young people.

The power of words

This is something I unearthed amongst my resources at school recently and, although it is targeted at teachers for classroom use, it is a useful prompt for how we speak to our children at home, too.

YOUR WORDS		MATTER
INSTEAD OF...	TRY	
	Be quiet.	Can you use a softer voice?
	What a mess!	It looks like you had fun! How can we clean up?
	Do you need help?	I'm here to help if you need me.
	I explained how to do this yesterday.	Maybe I can show you another way.

	Do I need to separate you?	Could you use a break?
	Stop crying.	It's okay to cry.
	Do you have any questions?	What questions do you have?
	You're OK.	How are you feeling?
	It's not that hard.	You can do hard things.
	We don't talk like that.	Please use kind words.

WE ARE TEACHERS

Reading

As Miss McGann said at the close of her end of term letter, let **us** worry about how to bridge gaps and support your children in their key skills when they return in September: it is far more important that you focus on their emotional well-being and mental health. That said, one can never underestimate the power of reading, so that would be my advice to you in order to keep those brain cells ticking over: read, read, and read some more! For children who find literacy challenging, there are lots of ways to get exposure to reading and phonics without expecting them to sit down with their head in a book: play I-spy with letter sounds; look at leaflets and signposts together; do an alphabet scavenger hunt; listen to audiobooks; explore online apps, such as <https://www.teachyourmonstertoread.com/>; and, most of all, read **to** your child.

Finally, please remember that we will strive to continue supporting our families where we can, even during school holiday time. We have set up an email address by which you can get in touch over the summer should you need to reach out: **support@cjs.tamat.org.uk**.

Wishing you a wonderful break.

Kind regards

Mrs Littlewood
Inclusion Leader