

Support and Well-being Bulletin 3

Thursday 18th June 2020

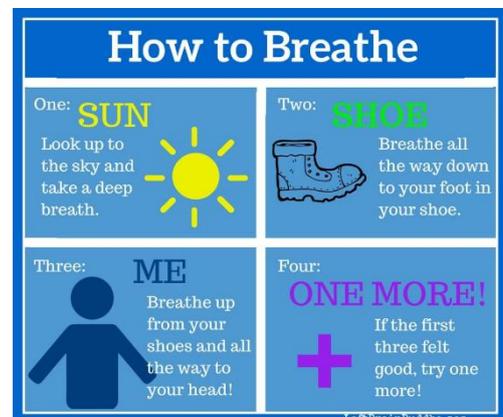
Dear parents and carers,

I hope everyone is holding up ok. It's possible some of you have experienced a bit of a dip at some point this term with any initial novelty factor having well and truly worn off, and the impact of this challenging situation becoming ever more apparent. Do look back at the previous bulletin (in the Support and Wellbeing section of Home Learning on the school website) for a number of agencies that you can get in touch with for support.

Calming and relaxation techniques

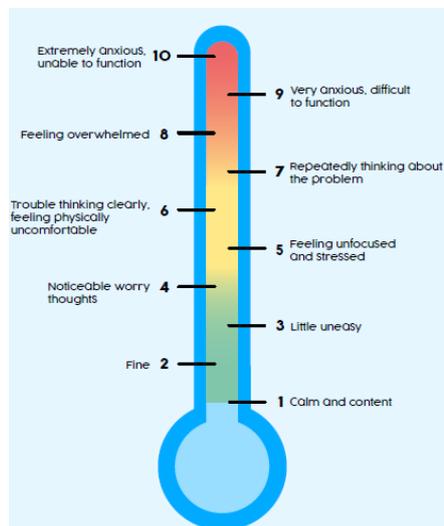
The latest additions to our [Support and Well-being page](#) are some short videos of mindfulness activities. Mrs Murray talks the children through a series of exercises designed to regulate the body and provide relief in times of stress or anxiety. You can signpost this video to your children, or even sit down to practice the strategies together.

Further calming activities for children can also be found on the [BBC](#) website.



Feelings scales and thermometers

If you haven't already, now would be a good time to start 'tooling' children up with ways in which they can communicate their feelings and thus recognise the need to use some self-regulating strategies (such as the breathing techniques above). A picture scale is a useful way for children to identify when they are moving out of the 'green zone' as visuals and numbered steps can be more easily accessed than being asked to name an emotion.



After becoming used to using these at home, the children would then be welcome to bring in a visual reminder on their return to school to keep at their desks.



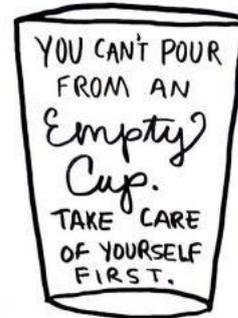
Back to School support

The Surrey CAMHS (child and adolescent mental health) team 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 our [website](#).

There are tips and links on **emotion regulation**, information about **anxiety** and strategies to keep it under control, strategies for managing feelings of **loss**, and support with all manner of issues surrounding the **return to school**.

The pack also collates useful information and resources for supporting children with **ADHD** and **Autism**, gives strategies for building **resilience** and tackling **sleep** issues.

Finally, the pack ends with ways in which parents and carers can take care of themselves: remember, you are your child's most valuable resource so please look after yourself!



Support for parents and carers of children with SEND

From this month, parents and carers of children and young people with special educational needs and disability in Surrey can access online support for emotional wellbeing from Qwell.

Qwell is free to use, confidential and requires no referral to access. Qwell offers parents/carers one-to-one online text chat counselling sessions, with trained counsellors. Users can also access self-help tools, including online journals, goal trackers and discussion boards. The service is available from 12 noon to 10pm Monday to Friday and 6pm to 10pm at weekends, 365 days a year.

<https://www.qwell.io/>



Also worth knowing that the Surrey local offer website has been updated to include lots of good information, advice and resources, including a document on managing home learning for parents of primary and secondary age children.

<https://www.surreylocaloffer.org.uk/kb5/surrey/localoffer/home.page>

Families under pressure

If you're feeling the strain of the current situation, try not to be too hard on yourself. Parenting is challenging even at the best of times! Mrs Saunders came across this [great resource](#) of bite-sized video clips which serve as perfect tips and reminders of how to tweak our behaviours to get the best out of ourselves and our children. Quick to view and easy to relate to, they also have some famous voice-overs, I'm sure of it.



Tip 1: Keeping positive and motivated



Tip 4: Getting your child to follow instructions

As always, please do not hesitate to get in touch with me or your child's class teacher if you need any further advice or support.

Kind regards and warm wishes.

Mrs Littlewood
Inclusion Leader