

5th February 2021



Mail on Friday

Redhill Primary Academy and Nursery

Weekly Newsletter

Email us at: parentcontact@redhillprimary.co.uk

Support for Parents during Covid-19

[Pearson education](#) have shared the following advice:

We are aware of the impact such difficult times can have on children and young people's mental health and wellbeing.

Day-to-day lives have changed for most people and many children may be struggling with the significant changes. We are focused on supporting children's wellbeing during this time. We've pulled together a list of resources and support to help children if they are feeling anxious during this stressful time.

Useful resources:

- [Wellbeing journal for kids](#) - Outside the Box has produced a free activity journal to help children to enhance their mental wellbeing through a range of activities.
- [Childline Kids](#) - Content targeted to under 12's. Provides support and information about Coronavirus which updated regularly.
- [Childline Calm Zone](#) - For breathing exercises, activities, games and videos to help let go of stress.
- [Children's Commissioner \(PDF\)](#) - A Children's guide to coronavirus.

Recommendation to Support Spelling at Home



A parent has recommended the app, SqueeblesSP which supports children to practise and learn their weekly spellings. It costs £4.99 as a one off cost.

The app allows you to set up a spelling list with your child's custom words, which then are recorded and played back to the child to help them to spell the words. Your child can have a go at the list as many times as they want and as the child spells words correctly, they 'win' Squeebles which are the little alien characters. As well as this, there is also the option to set lists that are already on the app. These include lists taken from each year groups' word lists and phonic based lists.

Support for Children Most Likely to Experience Online Risks!



The Inclusive Digital Safety resource is for teachers and parents of children and young people with SEND, who are care-experienced or LGBTQ+. This is a brand new hub full of superb advice and guidance. Please click the following link to find out more.

<https://www.internetmatters.org/inclusive-digital-safety/>

Reminder re Covid Self-isolation

The guidance on self-isolation has been strengthened:

If anyone in school becomes unwell with Covid symptoms, the other member of their household including siblings 'should self-isolate starting from the day the individual's symptoms started (or the day their test was taken if they did not have symptoms, whether this was an LFT or PCR test), and the next 10 full days.

Term Dates 2022-2023

Please look on our website for our term dates.

2022-2023 are now available to view.

Thank you.

Mental Health Awareness Week

The Government's Department for Education have put together a list of sources of support for children and young people.

You can find the complete list [HERE](#).

Below are a few that we would recommend taking a look at:

[SafeSpot](#) is an iPhone and Android app that promotes positive mental wellbeing in children and young people and has been designed to help children and young people with their coping skills.

[MindEd's](#) advice and resources for families on supporting children's mental health.

[BBC's wellbeing resources](#) for families.

Inside Out Day - Part of Mental Health Awareness Week

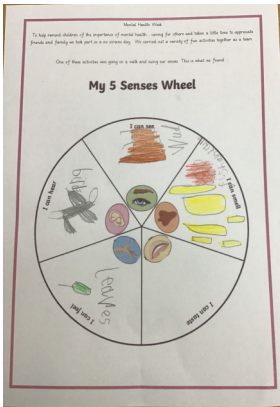
Thank you to the children and staff who helped raise mental health awareness on Wednesday by wearing something 'inside out.'



Reception
No Screens Day

Today to support awareness of Mental Health Week we had a no screens day. We had great fun carrying out a selection of different activities.

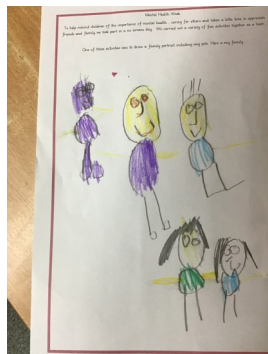
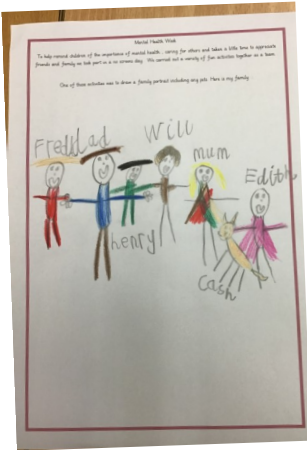
We designed and painted a stone for Reggie the snake.



We went on a sensory walk around the school grounds.



We talked about those who are special to us and drew a family portrait.



We made a den where we had snack and told each other stories.

Children's Mental Health Week

Year 1

Here are some of the activities we got involved with this week.

What are you good at and what do you enjoy?

We have been thinking about things we are good at and celebrating goals we have achieved. We each shared something we enjoy and talked about why we like this and how it makes us feel. We then drew five things we enjoy and wrote these onto our hands.



Mindfulness colouring

We spent some time completing some mindfulness colouring.



Express yourself

We talked about how we can show our thoughts and feelings. We spent some time completing activities to express ourselves.

Stone painting for Reggie the Redhill snake

Today we each brought in a stone to decorate. We thought about our design and then carefully painted our stone.

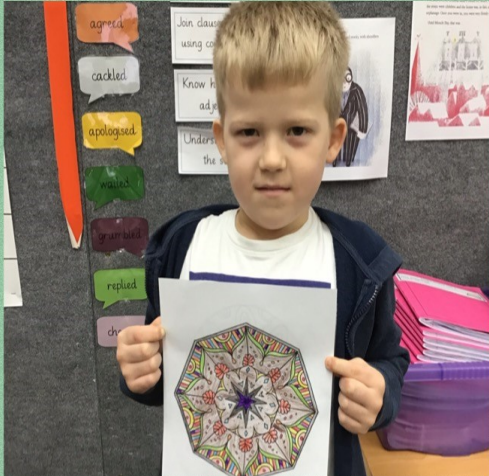
This will then be used to make Reggie the Redhill snake.



Year 2
Mental Health Week

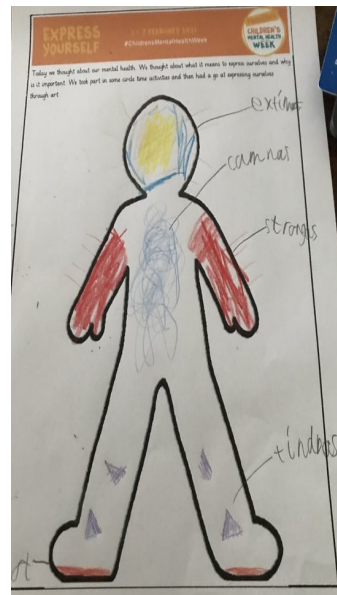
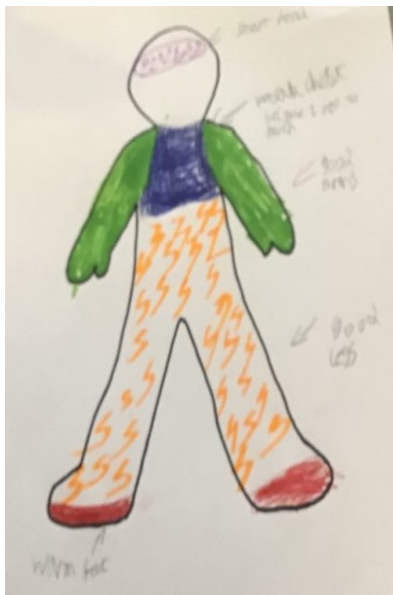


Mental health week in Year 2



Year 3

This week we had a super time taking part in Mental Health week. On Thursday we really focussed on what mental health means and how we can look after our own. We talked about ways we can express ourself and why this was important. We took part in a few circle times and then we expressed ourself through art by drawing how we were feeling at that moment. Here are some super examples below:



Year 6
Mental Health Awareness Week

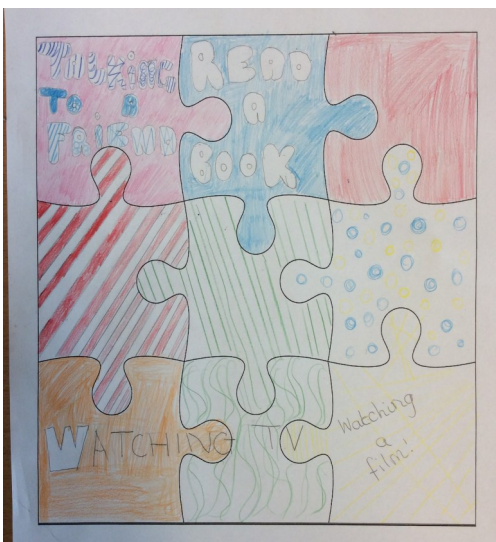
In Year 6, we have completed a range of activities.

In our circle time work, we have explored our own ideas and opinions—planning our own desert island!

In literacy, we have learnt more about what mental health is, how it might be shown in others and different strategies that we can use to help ourselves if we are struggling. We wrote an explanation text about mental health and wrote a letter to give advice to others who might be finding things hard.

In guided reading, we have developed our understanding of mental health in more detail, thinking specifically about our lives at the moment with Covid-19. We summarised the main points of an information text and then produced a personal action plan to illustrate things we wanted to try for ourselves to help us feel better.

To complete our week, we took part in a no screens day - choosing some activities to develop all our skills and talents, but without using a computer or screen at all! We had great fun doing this!



Safeguarding Support for Parents during COVID-19 and Beyond

We are sending further advice to help you support your child during this difficult time. CAMHS have produced a series of posters which we wanted to share with you this week.

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1



Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2

Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.



3

Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



4

Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

5

Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc.



8

Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

