

St Mary's Well Being Letter

Welcome to our second well-being newsletter. Below are ideas with helpful web links to support your child's well-being.

Helping Children Sleep:

Children are creatures of routine and thrive when they know what time to go to bed and what their routine consists of. A consistent routine will help reduce many anxieties displayed at bedtime.



Physical exercise is really important for mental health. Being physically tired can help children drift off for a good night's sleep.



As mentioned in the first newsletter, Yoga can be helpful for calming your body down and getting ready for rest at night. Try getting your child to lay down on their back with their legs perpendicular up against a wall. Have them put their arms out to their sides and encourage them to do some deep breathing as they lay like this. If it's possible, have them do this pose in their bed, so it's easier to transition them to lying in bed for sleep.

Below are the yoga links.

For younger children:

<https://www.youtube.com/watch?v=R-BS87NTV5I>

<https://www.youtube.com/watch?v=0ImHIWzP49M>

For older children:

<https://www.youtube.com/watch?v=0eJoUIBhLkE>

<https://www.youtube.com/watch?v=sM5MGLMNN> E

Express Your Feelings Challenge

Express Feelings Challenge. Ask your child to produce a piece of artwork, descriptive writing, song or rap about feelings. Then please e-mail their wonderful work to school so we can celebrate their work on our website or in our newsletter.



Five Day Kindness Challenges

Theme - Kind to Animals

Day 1	Looking at the natural world can be good for our mental health. Watch live cameras of pandas https://www.youtube.com/watch?v=Gm3bQVANTVo) or elephants https://www.youtube.com/watch?v=s4SiFUNYdTs) Draw what you see and e-mail your pictures to school.
Day 2	If you are lucky enough to have a pet, spend 20 minutes playing together today. Try and teach your pet a new trick! If you do not have a pet, you can invite animals to your home by creating a bird feeder: https://www.youtube.com/watch?reload=9&v=7yV6V6rtpyc
Day 3	Many animals are in danger of going extinct. Find out about them here: https://www.dkfindout.com/uk/morefind-out/special-events/endangered-animals/ . Design a poster to inform people about what they can do to protect and save endangered animals.
Day 4	Listen to https://www.youtube.com/watch?v=aYAJopwEYv8 by yourself or with your family. It is a famous piece of music that is supposed to sound like a bumblebee flying. As you listen, write, draw or paint what it makes you think about.
Day 5	Spend some together as a family by holding your own animal quiz or creating your own animal board game.

Communicate any concerns with school:

If you have any worries or concerns about your child's emotional behaviour or well-being, then please let school know. There will be things that we can do to help and support you.

We would love to know if this newsletter is useful to you or if there are other support ideas you might need. Please let us know by emailing the school office.

Keep safe and well,

Mrs Shailes and all the team at St Mary's Catholic Primary Sch



Places to go for Support and Advice

Early Help Hub

<http://www.cornwall.gov.uk/earlyhelphub>

Telephone: 01872 01872 322277

CAMHS

CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing. Children and young people may need help with a wide range of issues at different points in their lives. Parents and carers may also need help and advice to deal with behavioural or other problems their child is experiencing. Parents, carers and young people can receive direct support through CAMHS.

Telephone: 01872 322277

<http://www.cornwallft.nhs.uk/services/childrens-services/camhs/>

Outlook:) SOUTH WEST

Psychological therapy services for people aged 16 and above in Cornwall and the Isles of Scilly. If you are registered with a GP practice in Cornwall, you can access the NHS-funded therapies for mild-to-moderate anxiety and depression.

outlook:) SOUTH WEST can help with difficulties such as: stress, low mood, worry, anger, panic attacks, obsessive compulsive disorder (OCD), phobias, post-traumatic stress disorder (PTSD).

Telephone: 01208 871414

E-mail: enq@outlooksw.co.uk

<http://www.outlooksw.co.uk/>

Young Minds

Young Minds is charity committed to improving the emotional wellbeing and mental health of children and young people. They undertake campaigns and research, make resources available to professionals (including teachers) and run a helpline for adults worried about the

emotional problems, behaviour or mental health of anyone up to the age of 25.

Parents Helpline – 0808 802 5544

<http://www.youngminds.org.uk/>

NSPCC

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus.

More information and advice can be found on their website:

<https://www.nspcc.org.uk>

Young Minds – <https://youngminds.org.uk/>

YOUNGMINDS
fighting for young people's mental health