

Dear Parents and Carers,

Thank you for all your hard work and patience over the last 4 weeks of home-learning. We truly appreciate the difficulties that parents are facing during this time and the challenges that lockdown presents.

Friday's wellbeing day is supposed to give you a chance to recharge, relax and reflect on the positives that can be so easily missed during such a stressful period. We have based the activities on the 5 Ways of Wellbeing. Researched and collated by the NHS for adults as well as children, these are 5 things that you can do on a daily basis to improve mental health and wellbeing. If you would like to read the original document, it can be found here:

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>



There is also an adaptation for our digital lives that was amended for lockdown here:

<https://www.childrenscommissioner.gov.uk/digital/5-a-day/>



We have introduced these during assemblies in school to the junior children, but it will be a new concept for children in the infants. We will be continuing our Wellbeing work every subsequent Friday afternoon by offering more information and activities on each of the 5 ways of wellbeing through Google Classroom (Juniors), Seesaw (Infants) and Tapestry (Reception).

The activity pages explain what each of the 5 'ways' are and give a variety of tips and hints as well as a list of suggested activities to try independently or as a family. Please feel free to interpret the resources sent out in the way best suited to you; they are not compulsory - more of a helpful guide. There is also no expectation to share what you get up to during the day, the time is yours to spend as you see best.

Next week (1st - 7th February) is children's mental health week in the UK and therefore a great time to touch base with our families and talk about mental health. If you would like some guidance around mental health, below are some links to resources that are suitable to share with your children and guidance for parents.

Please do not hesitate to get in touch if you would like more information on resources available or more personalised guidance to help and support.

We hope you have a great day tomorrow and enjoy any activities you choose to do.

Many thanks,

Mr Tavender, Miss Shennan and Miss Spencer,  
Cunningham Hill Mental Health Leaders.



# Wellbeing at home

Come and join us for a chat about wellbeing at home during these testing times.

*Wednesday 3<sup>rd</sup> Feb, 12.30 – 13:00*

Discussing tips and supporting each other with...

- Home-school horrors
- Tiring tantrums
- Challenging children
- Hectic households

Email [hpft.mhstwest@nhs.net](mailto:hpft.mhstwest@nhs.net) to get the link to join.



Amanda Hewitt and Carolyn McKay  
Educational Mental Health Practitioners  
MHST West, St Albans

Hertfordshire Partnership  
University NHS Foundation Trust



## **Resources and Guidance for parents:**

Talking Mental Health by the Anna Freud Foundation:

[https://youtu.be/oz1S66\\_pYTw](https://youtu.be/oz1S66_pYTw)

Healthy young minds (previously known as CAMHS) resources bank:

<https://healthyyoungmindspennine.nhs.uk/resource-centre/>

Supporting your child during the coronavirus pandemic:

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

Advice for parents and carers: talking mental health with young people at primary school:

<https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/>

Self Care for parents and carers: <https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>

Just Talk Resources for parents:

<https://www.justtalkherts.org/parents/advice-for-parents.aspx>

Tips on how to start a conversation with your child about mental health:

<https://www.mentallyhealthyschools.org.uk/media/1611/tips-for-having-a-conversation-with-a-child-about-mental-health.pdf>

Supporting Infant Mental Health (babies and under 5s):

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-infant-mental-health-babies-and-under-5s/>

Action for happiness:

<https://www.actionforhappiness.org/how-to-be-happy>