



Looking after our children's wellbeing at Paget...

-Newsletter 10-

Hi there,

Yet another two weeks have gone by and we are now starting to see some lovely weather. Last week it was 'Sun Awareness Week', the children have been taught the importance to 'wrap, splat and hat'. The children should keep themselves safe in the sun by 'Wrapping around sunglasses and some clothes onto their body, splatting on sun cream and putting on a hat!' Please make sure your children have a cap/hat in school as the weather gets warmer.

This week, 10th -16th May, it is 'Mental Health Awareness week'. The focus is on the five ways to Wellbeing with the theme of nature. Although, we celebrated children's mental health week back in February, these tips can be used for both yourselves and children.

The five ways are:

Connect Connection is about relating to one and other and feeling understood. Speak to the people in your life, be it friends, family, colleagues or neighbours. Build new connections to expand your circles - this could be at work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them.

Take notice Take stock of your surroundings, be curious, catch sight of the beautiful. Being in a state of 'mindfulness' has been shown to be associated with a positive mental state. Greater awareness of the world around us helps us see the unusual and notice simple pleasures like the changing seasons. Savour the moment, whether you're walking to work, eating lunch or talking to friends. Be present to your feelings and environment.

Keep learning Learning something new is good for your brain and often exciting for the learner. Trying something different, rediscovering an old interest or signing up for that course you've always wanted to do can also improve our confidence and widen our skillset. Take on a new responsibility at work, do some arts and crafts or pick up an untried recipe.

Give Giving encapsulates many things - from showing goodwill and generosity of spirit to giving presents and giving up our time. Evidence suggests that 'giving back' or helping others promotes wellbeing for all ages. Why not do something nice for a friend, or a stranger. Thank someone.

Be Active Engaging in regular physical activity is known to go hand in hand with lower rates of depression and anxiety across all age groups. Not everyone needs to be a fitness fanatic to boost your wellness through activity. Simply step outside, exercise your green fingers or organise a games night. You could go for a walk or run, cycle or dance.



-Spotlight -Quality screen time? -



What a debate?! Screen time can be good but be aware of



the sites your children are accessing.



Children regularly use different websites and apps from their parents, and it can be hard to keep up in this ever-changing digital world. But the things that help keep children safe online are often similar to the things that keep them safe offline. Talk about what they think is normal online and what behaviour to expect from others and from themselves. Encourage them to think critically and question what they see online. Talk to them about where they go to get information they trust, talk about fake news, fake followers and scams. Help them develop a healthy suspicion of whether people are who they say they are.

Share your knowledge and experience of relationships. For example, sometimes people seem nice at first and then they turn out to be mean. Let them know that you know this, they can talk to you about it. And that you won't panic or punish them if they do. **Show them how to report any worrying behaviour they see online - Encourage your child to tell an adult at home or at school.**

We are helping prepare our children for their futures if we help them go online safely and responsibly. Many people worry about amounts of screen time, but there can be lots of positives about what your child is doing online - entertainment, keeping in touch with friends and researching homework - so quality screen time is what's important! Social media platforms let people connect and communicate with friends, family, colleagues. Popular platforms with children and young people include Snapchat, Instagram, Facebook, WhatsApp, Twitter and TikTok. Social media platforms receive a lot of positive and negative coverage in the news. Some show stories about them bringing friends and family together or that channels are used to harm and target young and vulnerable people. Each platform is used for different things, either sharing images/videos, instant messaging, giving life updates or playing online games.

It is important that young people know how to behave responsibly on these platforms, what to do if they are being harassed and where they can report harmful content. As a parent, you need to be aware how the apps work and the content your child is looking at!

MAKE SURE YOU ACTIVATE PARENTAL CONTROL OR ASK YOUR CHILD TO SHARE WHAT THEY ARE WATCHING OR PLAYING. FOR EXAMPLE ON TIK TOK YOU CAN LOOK FOR THE FAMILY SAFETY MODE SO YOU CAN SEE WHAT YOUR CHILD IS SEEING ON THE 'FOR YOU' PAGE. THE PAGE WHERE CHILDREN SEE DIFFERENT VIDEOS WITH DIFFERENT CONTENT.

Please take a look at the websites below for further information on keeping your child safe online.

[Parents' Ultimate Guide to TikTok | Common Sense Media](#)

[9 ways the internet can be good for your children | Parent Info](#)

[Online Gaming | The Benefits - Internet Matters](#)

-A reminder of places to go to for support and advice -



This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family. <https://www.nhs.uk/oneyou/every-mindmatters/>



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/keeping-children-safe/coronavirus-advice-support-childrenfamilies-parents>



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

The BBC Newsround site has a comprehensive section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means: <https://www.bbc.co.uk/newsround/51204456>



-Final note-

Should you feel that you or your child requires any additional support, your child's class teacher should be your first contact point. If this is not possible please feel free to contact the school Pastoral team, Miss Spiers or Miss Green, or our Paget Mental Health and Wellbeing lead, Mrs Ewbank for support. We are always here to listen.

Please share any of ideas you have of your children looking after their mental health on our twitter @pagetprimary and use the hashtag #pagetwellbeing

Stay safe in both body and mind, Mrs Ewbank

Mrs Ewbank

SEMH and Wellbeing Lead