



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

-Newsletter 11 -

Hi there,

What lovely weather we are having and it really does help us to feel good! I thought I would take the opportunity today to remind you of the 'Five ways to wellbeing' - a great reminder with fab ideas to do with your child and as a family.

- Five ways to Well being -

CONNECT

Connecting with others around you

- Plays with new children
- Notices other children who maybe alone or sad
- Helps to form or fix relationships
- Connecting with an adult in school you've not spoken to before

ACTIVE

Trying to lead an active lifestyle

- Interest in PE activities
- Joins sporty clubs in and out of school
- Taking part in active play in the playground
- Developing a sporting talent

TAKE NOTICE

Being mindful of what is in front of you

- Noticing things on the way to and from school
- Noticing a job that's needs doing in the classroom and just doing it
- Noticing a job that needs doing around the school
- Noticing how things work

KEEP LEARNING

A positive attitude to learning

- Encouraging others to develop a love of learning
- Overcoming obstacles to your own learning
- Continuing to learn outside school
- Helping to teach others around you

GIVE

Giving something of yourself

- Spending time with someone when they need it
- Giving your ear by listening to someone when they need it
- Lending some of your things to others e.g. Pencil, rubber
- Donating time or gifts to charity events in or out of school

-A reminder of places to go to for support and advice online and local resources-



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>



It's okay...
... not to feel okay. If you're worried, anxious, or just a little down, you can talk to us.

- Call our helpline, open 24/7: 0121 262 355
- Talk to us online via Live Chat (10am-9pm): birminghammind.org
- Email us anytime on: help@birminghammind.org

Get in touch today

- We're here to help you -

NHS LivingWell Birmingham Mind

Pause.

Need someone to talk to?
Struggling to cope with feelings?
We're here for you.

We are operating a telephone-based service while Pause in Digbeth is closed.
Register for support via our website: www.forwardthinkingbirmingham.org.uk/services/13-pause

Or call 0207 841 4470 and we will arrange for one of our friendly staff to call you back.

Who can use us?
You can use us if you have a Birmingham GP and are:

- Under 25 years old (if you are under 14 you will need to have a parent / caregiver with you when we call to give consent).
- Or if you are a parent / caregiver looking for support for their child who is under 25 years old.

How can we help?
We can offer:

- Self-help strategies, skills for managing difficult situations and feelings.
- A non-judgemental listening ear.
- Details for other organisations that might also be able to help you.
- Each call lasts around 20-30 minutes which focuses on ways forward.

Our Opening Hours:
Monday to Friday: 10am-6pm, Saturdays: 10am-5pm.
We are closed on Sundays and Bank Holidays.

Forward Thinking Birmingham

The Children's Society

-Final note-

Wellbeing referral

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. There will be things we can do to further and support you.

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

SEMH and Wellbeing Lead