

WELL-BEING NEWSLETTER

July 2020

PARENT/CARER Issue 5



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Welcome to the July issue of our 'Work Hard; Be Kind; Well-being' newsletter!

This is the final issue of this newsletter this academic year.

This is your 'one stop shop' for information and resources to support you during this period.

Please also see our newsletter for pupils in addition to this one for you and our other newsletters/website messages.

What is 'well-being'?

It's a term we hear a lot but what does it mean?

Dictionary definitions tell us that it's about comfort, health and happiness. Essentially, it's about our emotional as well as our physical health: keeping our minds and our bodies healthy!

Here's a short video which might give you some ideas about what 'well-being' means <https://www.youtube.com/watch?v=oSIWo5nxF2A> and another one with ideas for how you could develop yours: <https://www.youtube.com/watch?v=yF7Ou43Vj6c>. Aimed at children but applicable to adults, too!

Information, guidance and updates

Government response to COVID-19 – this includes the latest announcements and guidance/information/announcements to date <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Information and guidance for employees, employers and businesses <https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>

Support

Directory:

- The Samaritans offer emotional support 24 hours a day - in full confidence. Call 116 123 - it's **FREE** or email jo@samaritans.org.uk - <https://www.samaritans.org>
- <https://www.mind.org.uk/>
- <https://www.nhs.uk/>
- <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

Supporting children:

- Supporting children to cope without school <https://www.bbc.co.uk/news/uk-politics-51959957>
- Talking to children about world news <https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news>

Supporting ourselves:

- Looking after your own mental health during this period: <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- Well-being <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing>

Special Features

The Breath – an article by Rebecca Morgan-Jones

Link to full article here: [AdultsKS45 The Breath blog article RMJ.docx](#)

Activities and resources

For all

Being active: <https://thedailymile.co.uk/at-home/>

Royal Horticultural Society (RHS) – bringing the outside inside:

<https://schoolgardening.rhs.org.uk/News/News-results/National/2020/March/Bringing-the-sunshine-inside>

Film, TV and Game recommendations: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/launching-bafta-kids-at-home-with-place2be/>

Fun at home with authors and illustrators: https://www.booktrust.org.uk/books-and-reading/have-some-fun/?q=&sortOption=AtoZ&pageNo=1?utm_source=place2be.org.uk&utm_medium=referral

Free reading, writing and audiobook resources: <https://literacytrust.org.uk/family-zone/>

Radio 4 – Desert Island Discs Podcast - <https://www.bbc.co.uk/programmes/b006qnmr>