



Swallowfield Lower School

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Wellbeing Newsletter



Welcome

Welcome to our first Wellbeing Newsletter. Now, more than ever, our mental health and wellbeing is being put under strain. Home schooling, and for many working from home, with the usual family pressures are a lot to manage and this is alongside a global pandemic! The purpose of this newsletter is to offer advice and suggestions to help support you and your family.

Remember we are in this together.

**every mind
matters**

**If things today didn't go the
way you'd hoped, don't worry!
Tomorrow is a new day.**

Help Children Cope

With everything being very different at the moment children need extra support to express and understand their anxieties and feelings. These new feelings can often result in a change of behaviour. By changing the phrases we use when children are upset we can help them calm and express themselves.

I will help you

I'm here for you, talk to me

It's ok to feel the way you do

When you are ready, I am here (stay close)

This website from the NHS offers advice and tips on how to look after your child's mental health.

<https://www.nhs.uk/oneyou/every-mind-matters>

Structure and Routine

Children cope much better with structure and routine, it helps them feel safe and secure especially when things are uncertain in the outside world.

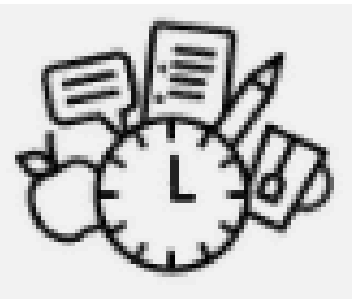
Try using a visual timetable so that they can see what they are doing in a day and the order it's happening. They can help you plan it so they feel involved.

Manage transition – give reminders that activities are coming to an end and others are beginning. Timers can be helpful for this.

Make time for regular physical exercise and do to this outside when possible, there are many benefits to fresh air.

Try this website for ideas to help children:

<https://www.childline.org.uk/toolbox/calm-zone/>



**You are you and
that is amazing!**

If you require further advice or support, please email k.garratt@swallowfieldlowschool.co.uk