

Haxby Road News

Friday 8th January 2021

www.hrprimary.co.uk



As we begin another home learning journey together I thought it would be important to provide some helpful information regarding well-being. We understand that the first lockdown was very challenging for some of our families as this is an alien way of learning. As most of you are not teachers by choice and understandably your home is not a classroom packed full of educational resources, I would just like to reassure you that as a school we are here to support you and your child with any difficulties you may face. Here are just a few pointers to help you get off to a flying start.

1. Try to establish a routine. Children like routines and knowing what is expected of them. On the website below, there is a routine template for you to use and remember it needs to suit both you and your child. There are other useful resources on this link.
<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>
2. Expressing feelings is essential for good well-being. The children enjoy talking about their feelings at school.
3. Try to get out for some fresh air each day, a short walk or bike ride, even on the most miserable of days, can brighten your mood. Being outdoors will also give children a greater appreciation for nature and wildlife. Being grateful is beneficial for well-being, teach your child to find things each day they are grateful for. You can count them on your fingers.
4. Stay connected, try to ensure that you and your child stays in touch with friends and family. Apps such as Zoom or Facetime are great ways for this to happen and something that you can do together.
5. Learning a new skill is good for self-esteem and well-being. Encourage your child to try something new! Can they skip, do yoga, cook or crochet? The feeling you get when you achieve something is fantastic!
6. Helping others helps us to feel happy. Encourage your child to help with tasks around the house. They could also help nature, can they create a bug house in your garden? Or feed the birds which is especially helpful during the cold weather.
7. Most importantly, reach out for help. If you or your child are finding things difficult, there is support you can access. For difficulties with the learning, you can message your child's teacher on the Google Classroom. If your child needs emotional support then we available to help, but in the first instance please message your child's teacher to request this support.

There is an abundance of helpful websites out there to support mental health, here are just a few:

- www.annafreud.org
- <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>
- <https://youngminds.org.uk/>

Let us hope that we can move through this journey together safely, and look forward to better times to come.

Warm Regards, Mr Smart and Ms Martin