

WAMHS Newsletter

NEW WAMHS NEWSLETTER! “Welcome to the new WAMHS newsletter! The purpose of this fortnightly newsletter is to share information about emotional wellbeing with all parents and carers of children at St John and St James Primary School. We hope you enjoy the newsletter and find the information particularly helpful during these difficult times” *Dr Lara Charlesworth, Clinical Psychologist/CAMHS Worker in School, and Lucy Payne, Trainee Clinical Psychologist.*

A MESSAGE FROM MRS ADAMSDALE: “Hi everyone! It is certainly very strange time for us all managing lock down. Each week at school, we miss you more. We know how tough it is being at home and managing the daily challenges and the constant disruption to our everyday lives. You are all doing so well. Never has our WAMHS work been more important than now, developing strategies to look after ourselves in this new situation and supporting children’s wellbeing in whatever way we can. We hope you are well and staying safe and we look forward to connecting further to support the mental health of the school community.”

Parent Well-Being

In order to be able look after others, it is important to take care of ourselves first. In this 1st Edition of the WAMHS newsletter we hope to provide you with some ideas for developing your well-being tool kit!

Are you covering your BACES?

Try to develop a routine using these principles:

BODY: Exercise/keep active, eat healthily, get enough sleep, plan rest times.

ACHIEVE: Celebrate your achievements, give yourself praise, notice the positives, set yourself realistic goals, and acknowledge the small things.

CONNECT: Get involved with your community, connect through hobbies/activities, find time for family and friends, schedule video chats, do nice things for others.

ENJOY: Find time for things you enjoy! Feeling stuck? What did you enjoy as a child? Give those things a try!

STEP BACK: Find time for relaxation, mindfulness, yoga. Pause and take a breath.

FUN FACT

Studies show that connecting with others and doing 10 minutes of stretching can boost the immune system & improve well-being!

Ideas for covering your BACES

HIIT Workout, YouTube Yoga, go for a daily walk, cycle or run.

For free yoga check out: www.yogawithadriene.com

Get creative – try drawing, creative writing, writing a letter, learning a new language, a new skill, cooking a new recipe.

Connecting with others using video calls, phone calls – making a virtual quiz

Taking 5 minutes out for yourself when feeling overwhelmed and stressed

Try some calm breathing techniques

Having a bath at the end of the night to wind down

Remembering to balance screen activity with time off screen

Free app of the fortnight:
Smiling MINDS

Creating a WELLBEING TOOLBOX with your child

Now that we're taking care of ourselves, it's time to think about how to support our children to cover their BACES too. A fun way to do this is to create a well being box - these boxes can be a great way to manage tricky feelings and help children feel more relaxed.

These boxes go by many names e.g. self-soothe box, comfort box, happy box – your child can choose the name. Your child should take the lead on making the box, but you can support them using some of the ideas below.



BREATHING CARD

Cut me out and add me to your tool box!

BACK TO BACK BREATHING



Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner's back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

BODY: Tennis ball, skipping ropes, draw a picture of exercise or yoga to remind you! Eat your fruit and veg, but it's OK to add a nice chocolatey snack too!

ACHIEVE: Puzzles, games, school work, an instrument, crafts to complete, books to read, build with Lego, create with playdoh Parents - remember to look out for positives and give lots of praise!

CONNECT: Speak to friends online, on the phone or via video call. Schedule in special time and play! Add pictures of friends or special time tokens to the box.

ENJOY: What do they enjoy? Dancing – add music, baking – add a recipe, holidays – add photos.

STEP BACK: Encourage children to engage in mindfulness and relaxation, this is a great family activity too. Add note cards or pictures to the tool box.

TOP TIP

Wellbeing toolboxes aren't just for kids!

Creating these as a family is a great way to connect, have fun and to encourage taking care of each other (family members can suggest ideas for each other).