

WAMHS Newsletter

Welcome back to the new WAMHS newsletter! We hope you found the ideas in Issue 1 helpful. This fortnight's newsletter covers all things lockdown-related including tips for home learning, developing routines, staying positive and helping those children who are missing their friends.

Home Learning

While schools are closed it can be really challenging to support your child with their school work especially if you are also working from home.

Top Tips for Home Learning

Look at the school resources and make the most of online resources including Hackney Learning Trust for any ideas:

<https://www.hackneyservicesforschools.co.uk/extranet/home-learning-resources>

Avoid comparing yourself to others – every family and child is different with varying needs. Remember that you are not expected to deliver a full curriculum during lockdown!

Find out what your child needs support with and what they can do on their own; this will enable you to have your own breaks.

Talk to friends and other parents to share tips.

Motivation can also be hard during this time of uncertainty, making a routine with scheduled breaks and quality time is important. Here are some other hints and tips:

- Minimise distraction
- Break work down into small, achievable chunks
- Whenever possible, praise for completing each chunk and for being on task. Use star or sticker charts to help reward the behaviour
- Have regular breaks or changes of activity
- Use timetables and checklists
- Be creative, try and make it fun by using pictures and games

Here is a link to a helpful home learning website:

<https://www.twinkl.co.uk/home-learning-hub>

Routine

Small, consistent routines throughout the day will help keep some degree of normality.

Getting up and going to bed at the same time is good for brain functioning!

Try to have a set time for getting outside with the kids or doing some exercise.

Remember to develop routines that cover all your BACES (see Issue 1)

Breathing Technique of the Fortnight

TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

Connecting with Friends

Children are used to seeing their friends every day at school and often outside of school too. They might be asking questions about their friends, wondering when they will see them next or think that they don't have any friends at the moment. For these reasons, it is important for parents to support their children to connect with their friends whenever possible.

Ideas for Connecting with Friends

CONVERSATIONS WITH FRIENDS: Discuss with other parents whether video chats are available, if not then a phone call is great!

BE CREATIVE: We know that children (and adults!) might be getting a bit fed up with video calls, so try to be creative. Organise games, a mini bake off, a dance party, a joint project (e.g. creating a local newspaper) or you could even try and set up study dates together!

KEEP THEM IN THE CONVERSATION: Talk to your child about their friends, encourage them to plan future play dates; they could even create and send invites.

KIND GESTURES: Bake some tasty treats for friends, drop off a small gift e.g. a magazine, draw them a picture to colour in, lend them a book you have enjoyed, create a game for them e.g. a crossword or puzzle based on all their favourite things!

How Are Children Feeling During Lockdown?

CONFUSED - about my parents and/or siblings going out to work or school when I have to stay in the house

SAD – because I have to stay inside and can't do the things I enjoy

WORRIED – about myself or someone I love getting ill

ANGRY - because sadness, confusion and worry make me feel angry sometimes

Children should know that when they are experiencing difficult feelings they can talk to someone in their house who will listen and try to make them feel better. They should also remember that they are not alone and lots of other children feel like this at the moment too.

TOP TIP: Are you in need of happy news? Why not follow **The Happy Newspaper** on Instagram

Quick Tip for Staying Positive

Staying positive and hopeful during this time is really hard, but one way families can do this is to make a gratitude jar.

How this works:

Each day write down one thing you have enjoyed or are grateful for. You can also include anything lockdown has taught you.

Read it to each other each evening and then place in the jar.

If you notice yourself or your children feeling low – you can bring the jar out and read through all the things that have made your days good.



A Message from Mrs Adamsdale

Hi all, it has not been easy to cope with all the new information in the media regarding the ease of the lock down. I am sure you and your children have many questions and not enough answers! Try to reduce the anxiety of uncertainty by tuning into what is real; the smell of a flower, the colour of the sky, bird song on a walk. As we face new challenges, we gain strength as a community. Even though you and your children may not be in school at the moment, we hold you in our thoughts every day.