



HOME SCHOOL LINKS

Family e-Newsletter



Author Details:

Kelly Hannaghan is the Wellbeing Associate for the Primary First Trust; she will share her knowledge and expertise of wellbeing to support you and your families at these challenging times.

“Together we are stronger”

I want to reach out to you, our families to help you find ways to remain calm and to give you strategies to help focus your attention on what can control rather than what you can't.

We can control how we manage our wellbeing in the home and how productively we use this time.

We can continue to connect with our loved ones in creative ways.

We can take this time to learn new skills and build on our resilience in coping with change.

We must remember that our young people will always remember how they felt through the Corona virus crisis and not necessary what they did or didn't do in this time.

Topics covered this week include:

- Coping with Covid-19
- The importance of structure and routine
- The power of Ed Tech
- Ways to look after your wellbeing in isolation



Feeling concerned or overwhelmed by the news of schools closing is understandable, especially if you are struggling with your mental health or you have a physical illness. It might be that you're anxious about your own health, or someone in your family, or what impact the virus will have on your life. Here are some steps you can take if you are feeling anxious:

5 Ways to Wellbeing



Health and Wellbeing

Families play a hugely important part in supporting each other at times of uncertainty or concern. Be alert to how each other is feeling. You might show your worry in different ways to each other – so, if one of you is not feeling worried right now, that's fine too. With possible changes to daily and weekly routines, do keep sight of what family life feels like and what you can continue to do. These can be the things which make life feel 'normal', so they're important.

- Keep your days varied.
- Think about how you can make the most of the physical space where you live.
- If possible, work together to organise your days – perhaps via a family timetable (attached to the fridge door!).
- It may help to create time slots for mealtimes, homework, friends (even if via social media), exercise, TV, etc, and do make sure you all maintain good sleep habits.



Timetable Ideas

Try sitting down with your children to work out how best to manage your time at home. Breaking the day up with focus activities can be really helpful, for example:

- Physical Activity Time
- Learning Time
- Creative Time
- Reading Time
- TV/Technology Time
- Connecting Time (speaking with others)
- Regular eating patterns
- Time boundaries to wake up and go to bed
- Games Times
- Outside Time
- Free Play Time

TOP TIP OF THE WEEK

Joe Wicks will be running a 30 minute online PE lesson from 9am every morning.

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEBq40g2-k>



Home School Resources for Families

Free Daily Resources For Children



PE with Joe Wicks On YouTube

Week days at 9am but you can visit any time on youtube to view the workout.

Wildlife With with Steve Backshall On Facebook
Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube

Weekdays 11am. Maddie & Greg chat about science and nature!

Dance with Oti Mabuse On Facebook
Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman

Free access to the her maths website:
www.themathsfactor.com

Music with Myleene Klass on YouTube
Twice a week. Next one Friday 27 March 10am, but can view any time.



Storytime With David Walliams

Free story everyday at 11am on his website:
www.worldofdavidwalliams.com

ONLINE RESOURCES

Click on the links below

Free online learning resources

<https://www.ucl.ac.uk/learning-centres-and-centres/london-centre-leadership-learning/free-online-learning-resources>

Take a virtual tour of Edinburgh Zoo

<https://www.edinburghzoo.org.uk/webcams/panda-cam/>



“Take advantage of being together, but also make sure you have time of your own. Maintaining our routines, so the world has its familiar things as well as its uncertainties right now, feels helpful to us all.”

“Keep safe and well”

Look out for next week’s edition of Home School Links