



HOME SCHOOL LINKS

Family e-Newsletter



Note from the author:

A huge well done for getting through the first week of home school learning. We understand how challenging these times are for your family and we want to do all we can to support you at these unsettling times.

“You are making a difference”

Families across the country and around the globe are facing uncertain times due to the COVID-19 pandemic. The situation is constantly changing and rapidly developing and is impacting on many different aspects of our lives. Feeling concerned and anxious is entirely normal when we're faced with such an unusual situation. Taking care of our mental health and well-being will allow us to be in a better position to support ourselves and others to cope with the challenges we face.

Sleep Matters

With most young people no longer attending school, the PHSE Association talks about the importance of sleep patterns.

Dr Michael Farquhar and Dr Charlie Tyack from Evelina London Children's Hospital and Jenny Fox from the subject specialist team, discuss some of the strategies and tips from the recently released [Sleep Factor lesson plans for Key stage 2, 3 & 4](#)

Hear the podcast here:
[Sleep Clinic](#)

Topics covered this week include:

- The importance of healthy sleep patterns
- Finding inner calm with mindfulness
- Support for managing conflicts
- Coping with feelings
- Helpful tips and resources





Coping with Feelings

Think about what you have as self-care strategies, and how you can use these. Obvious examples are taking exercise, watching a film, listening to music, and enjoying a meal together. Also remember the ones which are special to you as a family.

As parents or carers of a child, it's important to remember they will also pick up on how you are feeling - both in the way you talk openly (or don't) about worrying issues and in the way you behave. If they see you visibly worried or alarmed, this may prompt them to feel the same.

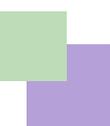
With older children, openly talking may help bring worries to the surface. Worries are important to label and, where possible, to normalise. Sharing your own worries may be helpful, as long as you are also clear about how you manage your feelings.

MANAGING FEELINGS

You could introduce a playful element into these discussions and making other children (or even pets) the focus may make it easier for your child to share what worries them.

Where possible, try to reassure your child, whilst also being open so they trust you to be honest with them. When parents and carers deal with a situation calmly, it can provide the best support for children – and, while it may not be easy, be aware of this.

“Most children’s behaviours are their way of communicating to you that they are struggling with overwhelming feelings”





Mindfully Coping with the Covid-19 Crisis

Wherever you are, whatever your circumstances, we hope you are finding a way to plug into compassion, kindness and care during these challenging days. In order to support everyone in our community and beyond, we're gathering essential mindfulness resources for calm and resilience for everyone. Here's how the Mindful community is coming together to serve in the days ahead so we can all tap into community, connection and love.

Click on the link for free mindful resources

[Mindful.org](https://www.mindful.org)

TOP TIP OF THE WEEK

Miss Hoyle's Online Classroom

Storytime live Monday to Friday 3pm

Click on the link below

<https://www.facebook.com/groups/685670895509049/?ref=share>



[Guidance for Parents and Carers to support Children's and Young people's mental health and wellbeing during the coronavirus \(COVID-19\) outbreak](#)

Managing Conflicts with support from Family Lives Service

Families being confined together can also be a very trying time and it may be that conflicts and tensions can escalate.

It is important to encourage time out and space for everyone so they can unwind and have some time alone. Share the chores where you can so everyone is working together. If you are struggling to get on with your partner, read 'Family Lives' [supportive advice](#).

Your children may display challenging behaviour during this time as they are feeling cabin fever and unable to get out of the house. Try to work out a set of boundaries with the children so they understand your expectations and you can grasp theirs too. Build in family time in the day so the children feel supported.

It is understandable there will be levels of frustration from everyone, but if your teenager's behaviour becomes aggressive, please read [supportive advice](#). If you have younger children and they are displaying challenging behaviour, please click [here](#).

If you are in a relationship that is abusive or there is coercive control, you may be feeling frightened. Please get in touch with Refuge on **0808 2000 247** or you can talk to them [online](#). Please see [advice on domestic violence](#) for further support.

ONLINE RESOURCES Click on the links below

Free online learning Resources



74 Free Resources
Click the link [here](#)

If you're worried about your mental health during the Coronavirus contact the Samaritans

Call 116 123

Or email:

jo@samaritans.org



Click [here](#) for online resources



“Keep safe and well”

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