



HOME SCHOOL LINKS

Family e-Newsletter



Note from the author:

You may be wondering what the future of education is going to look like. Rest assured we are doing our very best to prepare for the weeks ahead and look forward to working with you toward a new normal in education. Setting a calm space is key for moving forwards in a positive and healthy way.

“We are in this together”

This week I will be focussing on the spirit of community and pulling together in the face of uncertainty.



Join the **Rethink the Rainbow** Treasure Hunt.

Find or create your own rainbow and post it to social media

#rethinktherainbow

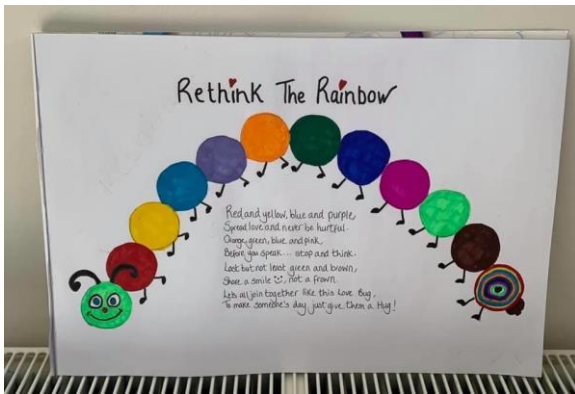
Topics covered this week include:

- Rainbow Moments
- Keeping Memories Alive
- Being Mindful this May
- Helpful tips and resources





Rainbows are everywhere! In the sky, your bubble bath, ink on paper or even those you have drawn for our NHS Heroes and Keyworkers.



Advice for Parents and Carers



Good Days in Unusual Times

**By Anne-Mette Lange
Illustrations by Marie Geert Jenson**

[Download the book here](#)





Take Notice

Mind UK understand the importance of keeping your **mind healthy**. The Charity are offering support including [The Five Ways for Wellbeing](#)



Being in lockdown has given us lots of time to reflect and think about the things that are important to us. What if you could invite your children to create their own Lockdown Memory Jar, these could include:

- **Notes of how they felt**
- **Trinkets they may have collected on walks**
- **Meaningful drawings**
- **Pictures of loved ones they have missed**



TOP TIP OF THE WEEK

Tip tips to help families work together and support one another during the coronavirus outbreak

Anna Freud
National Centre for Children and Families

Participating in highly important part in supporting each other as times are hard for everyone. Be alert to how each other is feeling. You might show your worry in different ways from another – as if one of you is not feeling worried, it might be that they're worried in a different way. Stay calm, keep sight of what family life looks like and what you can contribute to it. There can be the things which make life feel 'normal', as they're important.

You will probably be spending more time together because of the working, school closures and other social restrictions. Keep your days varied. Think about how you can make the most of the space you have in. If possible, work together to organize your days – perhaps via a family calendar attached to the fridge door. It may help to create time slots for reading, homework, playing over of his social media, TV, exercise, etc. and do make sure you all maintain good sleep habits. This routine can shape family life. But remember to be flexible about what you do and who you can adjust pressure on yourselves.

Children's emotions, including anxiety, are not regulated by the structure in their lives. Try to create consistency, even in unexpected circumstances. With young children aged 3-5, playing together may be one way of identifying what their concerns are. Often, what they play is what they are thinking about. You could introduce a playful element into these discussions, introducing other children or even pet characters may make it easier for your child to share what worries them.

With older children, openly talking may help bring worries to the surface. Make it important to talk 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. For example, introducing your pet may help you share it.

It is also likely to help your child. But be aware that, sometimes you are doing things in a way that may not be so helpful to them.

Living with anxiety over a period of time can impact on the wellbeing of all. It's a good idea to think about how you can support each other as a family group – can take care of your own. Think about what you have to offer each other, and how you can use these. Consider examples of taking exercise, watching films, listening to music, and enjoying a meal together. But also remember the ones which are special to you as a family.

Some advantages of playing together. But don't forget to take care of your own. Maintaining our routines, so the world that is familiar brings us well as to our families right now, may help to get us all through this time as a family.

For more information and advice about looking after your mental health during the coronavirus outbreak, visit [www.annafreud.org.uk](#)

The Anna Freud Centre are offering [top tips for parents and carers](#)

CREATIVE CORNER

Your teachers and teaching assistants have been amazing these past few weeks. Why not participate in [National Thank a Teacher Day](#) and show your appreciation for their work.



What is being held in your child's emotional cup?

THE EMOTIONAL CUP

Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue

Why not take a virtual visit the Yellowstone National Park



Click [here](#) to take your virtual tour

ONLINE RESOURCES Click on the links below



Action for children are offering free mental health resources for children and their families

Click on the link [Here](#)

“Keep safe and stay at home”

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

