



# Great Wood Keeping In Touch Spring Term 2



## School Contact Details



Telephone: 01538 702355 option 4

Email: [office@greatwood.staffs.sch.uk](mailto:office@greatwood.staffs.sch.uk)

Text: +441 538542095

Website: [www.tmpf.staffs.sch.uk](http://www.tmpf.staffs.sch.uk)

## Stay in Contact

We would like to remind you that if you move house, change your email address, or get a new mobile phone number, you need to inform the school office as soon as possible. We need to be able to contact you regularly in these unprecedented times and in the event of an emergency it is vital that we have up to date contact details for all our Great Wood Families.

Please ensure that you let us know straight away, if any of your contact details change.

Thank you.

UPDATE  
YOUR  
DETAILS!



Thank you to those who have taken the time to log on our new Arbor Parent Portal. We now have a 93% uptake, which is fantastic!

The portal can be used to access your child/children's profiles and to top up your child's break, dinner and Wrap Around accounts. Once children are allowed to return to school we are intending to only take online payments, so if you have not logged on yet, please do so.

We have found that the desktop version of Arbor works best on a laptop, or tablet, where there is an add to basket feature for topping up different accounts. There is an app version available for smart phones, however this does not have the add to basket feature at present.

All outstanding balances/credits have been added to your child's accounts, for you to see, we would appreciate any outstanding payments being made as soon as possible.

We would now kindly ask that you "top up" online and refrain from sending cash payments to school. Children will go back to ordering their break snacks with their teacher each morning. Please ensure that your child knows what they are allowed to order for their snacks, as the cost of their snack will be added to their account.

If you are having trouble accessing or navigating the site, please do not hesitate to contact us and we will be happy to help.



**Captain Sir Tom Moore**

It was with great sadness that we received the news about Captain Sir Tom passing away. Captain Sir Tom was the true epitome of a British Hero and he continued to support his country right up to the end of his life.

Captain Sir Tom will be in our thoughts and prayers at Great Wood. We are sure that you will join us in sending our respects and condolences to Captain Sir Tom's family.

Here at Great Wood we have some very exciting news to share with you.

Our fantastic Mrs Rees is going to be a mum! Her baby is due in June and we are very excited to meet the new member of our Great Wood Family.

We are sure that you will join us in offering our heartfelt congratulations to Mrs Rees and her husband.



### A helping Hand With Meals

During these uncertain times, we understand that families may have had a change in circumstances. Whichever year group your child is in, if you think you may now be eligible for income-based Free School Meals, we would urge you to submit an application. This also applies to children who currently receive a lunch due to being in Reception, Year 1 or Year 2.

During this period of school closure, children who are eligible to receive income-based Free School Meals will receive a vouchers for the value of a week's lunches.

Applications are quick and easy with an instant yes, or no answer as to your entitlement. The link can be found on the website at [www.staffordshire.gov.uk/Education/Educational-awards-benefits/FreeSchoolMeals/Apply-online](http://www.staffordshire.gov.uk/Education/Educational-awards-benefits/FreeSchoolMeals/Apply-online)

Please contact us at [office@greatwood.staffs.sc.uk](mailto:office@greatwood.staffs.sc.uk) if you qualify and we will be able to help with food equivalent to a packed lunch at school.



### Staff Testing

To help keep our Great Wood families safe, our team have begun lateral testing for Covid-19 at home, twice weekly. The lateral flow tests will provide staff with a rapid test and indicate when a full test may be needed at a testing centre.

We hope that by following this process on a regular basis we are able to further –reduce the risk of the virus and as always keep our Great Wood families safe and healthy.



### Gloves, Hats and Scarves

Please can we remind parents of Key Worker children that it is very cold on the playground at the moment (especially if it is windy), so please can you ensure that your child/children have suitable outdoor clothing. Gloves, hats and scarves are a huge help, in fighting off the cold.



**NEVER ALONE**

NSPCC  
0808 800 5000  
(24hrs)

National Domestic Abuse Helpline  
0808 2000 247  
(24hrs free)

Mind  
0300 123 3393  
(Mon-Fri 9-6)

Victim Support  
0808 168 9111  
(24hrs)

Cruse Bereavement  
0800 808 1677  
(Mon-Fri 9-5)

ChildLine  
0800 1111  
(24hrs)

Action on Elder Abuse  
0808 808 8141  
(Mon-Fri 9-5)

Respect - Men's Advice Line  
0808 801 0327  
(Mon-Fri 9-5or8pm)

Samaritans  
116 123  
(24hrs free)

National Centre for Domestic Violence  
0207 186 8270

## TYPES OF SELF-CARE

<b>PHYSICAL</b>	<b>EMOTIONAL</b>	<b>SOCIAL</b>	<b>SPIRITUAL</b>
Sleep Stretching Walking Physical release Healthy food Yoga Rest	Stress management Emotional maturity Forgiveness Compassion Kindness	Boundaries Support systems Positive social media Communication Time together Ask for help	Time alone Meditation Yoga Connection Nature Journaling Sacred space



Place2Be's

# CHILDREN'S MENTAL HEALTH WEEK

1 - 7 FEBRUARY 2021

# EXPRESS YOURSELF

#ChildrensMentalHealthWeek



## HRH The Duchess of Cambridge launches Children's Mental Health Week

To mark the start of 'Children's Mental Health Week', The HRH The Duchess of Cambridge has sent a message to support encouraging children and parents to find ways to share their thoughts and feelings, particularly during such a challenging time.

During the video message, The Duchess highlights the importance of parents and carers looking after their own wellbeing and the impact that this has on the children in their care.

The theme for this year's Children's Mental Health Week is 'Express Yourself' and focusses on the creative ways children and adults can share feelings, thoughts or ideas through art, music, writing, poetry, dance, drama, photography and film, or just doing activities that make them feel good.

To watch the video message please click the link

<https://youtu.be/PEBURwEL9HM>

## Anxiety presents itself in many different ways...

The desire to control people and events



Difficulty getting to sleep



Feeling agitated or angry



Defiance and other challenging behaviors



Having high expectations for self, including school work & sports



Avoiding activities or events (including school)

Pain like stomachaches and headaches



Struggling to pay attention and focus



Intolerance of uncertainty



Crying and difficulty managing emotions



Over-planning for situations and events



Feeling worried about situations or events

DRESS TO

EXPRESS

THIS CHILDREN'S MENTAL HEALTH WEEK



# THE STRESS RELIEF GIRAFFE



## WHAT YOUR CHILD CAN DO:

- Calm breathing exercises
- Use visualisation meditation techniques
- Body tightening exercises (progressive muscle relaxation)
- Sigh to become fully present in the moment
- Practice music therapy
- Change location / surroundings
- Use a stress ball / fidget toy
- Give themselves a 10-second hug to boost their mood
- Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside
- Play
- Hydrate with water

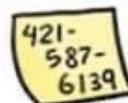
SPREAD THE WORD!

## EMERGENCY CARE WALL

for sadness

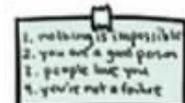


for loneliness



best friend's phone #

for self-doubt



list of reasons why you can

for anger



calming music

for worry



comfort blanket

for other



free hug



bear

stress ball

fav. books

Place2Be's

CHILDREN'S MENTAL HEALTH WEEK

1 - 7 FEBRUARY 2021

# 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

5

## Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

## Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

## Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.



8

## Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.



# 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1



## Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2

## Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.



3

## Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



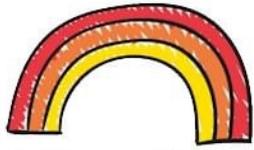
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## Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.

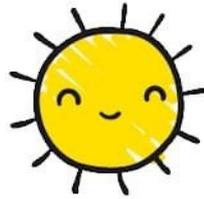


# Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.

for Kids



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."  
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.

Establish a self-care routine.



Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.



# ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

## NHS Every Mind Matters

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

## Kooth

[www.kooth.com](http://www.kooth.com)

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

## Childline

[www.childline.org.uk](http://www.childline.org.uk)

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

## Papyrus

[www.papyrus-uk.org](http://www.papyrus-uk.org)

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

## Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

## Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

## Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

## Stem4

[www.stem4.org.uk](http://www.stem4.org.uk)

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

## YoungMinds

[www.youngminds.org.uk](http://www.youngminds.org.uk)

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

## Samaritans

[www.samaritans.org](http://www.samaritans.org)

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org) 24/7.

## Child Bereavement UK

[www.childbereavementuk.org/young-people](http://www.childbereavementuk.org/young-people)

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

## Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

## Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

## Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.



Midlands Partnership  
NHS Foundation Trust  
A Keele University Teaching Trust