



Dear Parents,

Welcome to our wellbeing newsletter. Below are ideas with helpful web links to support your child's wellbeing while they are at home. We hope you are all staying safe and well.

Mr P Summers
Assistant Head Teacher



What is Anxiety ?

Anxiety is a feeling of unease, such as worry or fear, which can be mild or severe. Everyone has feelings of anxiety at some point in their life e.g. you may feel worried and anxious about sitting a test, going to a new year group, having an injection, a job interview etc. The pandemic and lockdown may impact on children's mental health in many different ways. Children may be experiencing increased anxiety and struggling to understand how they are feeling. There is a really useful series of illustrations on The Priory website that may help you to discuss with your child why we become anxious and how it makes our bodies feel. This can be found here: <https://www.priorygroup.com/young-peoples-services/how-to-explain-anxiety-to-your-child>

Five Day Kindness Challenges: Healthy Eating



Day 1- What does healthy eating mean? Although we know that certain foods are good for us, and other foods are bad for us, how much do we really understand? Today, take a look at the NHS Eatwell Guide: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide> to learn more about a healthy, balanced diet.

Day 2- Whether because of allergies, ethical concerns, sustainability, culture, and many other reasons, all over the world, people eat different kinds of food. Look into at least three alternative diets (vegan, dairy-free, or anything else) and write down three things that make the diet unique.

Day 3 - Fast Food is amazingly convenient and is usually very tasty. But do you know that eating it more than once a week is considered bad for you? Today, Google your favourite fast food meal and find out how it compares to the Eatwell Guide you looked at on Day 1.

Day 4 - Healthy eating has an enormous effect on your mental wellbeing. If you eat healthy, your mood and energy levels improve, and you think much more clearly. Today, record everything that you eat and drink to see if you're getting all the nutrition you need from the Eatwell Guide. Make sure you don't miss anything, even if it is a little snack or a glass of water.

Day 5 - What did you learn from recording your food and drink yesterday? Did you miss out on anything important? Did you eat too much of something? For today, improve your diet based on what you learned yesterday. You do not need to achieve this balance with every meal, but try to get the balance right over the whole day.





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Places to go for Support and Advice

NSPCC

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website: <https://www.nspcc.org.uk>



The BBC Newsround site has a comprehensive section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means: <https://www.bbc.co.uk/newsround/51204456>

**every mind
matters**

Nottinghamshire Mental Health Helpline

The Nottinghamshire Mental Health Helpline is now available 9am-11pm 7 days per week for anyone of any age who needs emotional support or information about what help is available locally for people struggling with their mental health.

Anyone living in Nottinghamshire can use the service. A team of supportive mental health workers are on hand to provide information and advice e.g. techniques that people can use to manage anxiety. They will also be able to direct people to other services where needed. The helpline website also includes useful information about a range of common mental health issues such as anxiety and low mood and how to promote feelings of wellbeing.

Professionals are also welcome to call the helpline for advice on working with patients with mental health issues.

The helpline is being delivered by Turning Point.



The helpline number is 0300 555 0730. For more information and mental health resources visit

<https://www.turning-point.co.uk/nottingham-helpline>



Be hopeful and optimistic !

Some children may experience a loss of trust in the world after a global pandemic; they may believe that because a terrifying thing has happened, they can no longer dare to hope that life can be happy and safe again. Modelling optimism and encouraging them to see the strengths and coping skills they have and encouraging them to notice acts of courage and kindness will help develop a sense of personal positivity for the future. It is not uncommon for children and young people to have a less optimistic view of the future after events such as these. Reminding them of their strengths and providing opportunities for setting small goals and achieving them will help them to take a positive view of their lives.

