



3RD APRIL 2020

STAY SAFE , STAY HAPPY , STAY TOGETHER

WELCOME to the first issue of our WEB Team

Newsletter, here at RWPA we recognise that during this period of social distancing and uncertainty it is more important than ever to look after our whole families mental health and wellbeing. We would therefore like to offer this Newsletter as a way of sharing ideas to promote continued wellbeing in the home.

As you are already aware we have had a huge drive this year across school to promote the discussion of mental health and ensure that all children feel they belong to their class teams as well as our whole school community. As part of this ongoing process children of all ages have been learning and practising various wellbeing strategies. What a great opportunity they now have to spend time sharing these with you at home as well as learning from your own ideas.

Hopefully, you will also find time as a family to try out some of the activities we recommend in each Newsletter and decide which strategies suit your family best. We will also use this Newsletter to signpost you to interesting / relevant articles that have further information to support key areas of Wellbeing.

CREATIVE CHALLENGE



A little creative challenge for the Easter holidays. How about trying to decorate some hard boiled eggs , you could make them superheroes, chickens, minions or even just decorate them in rainbow colours.... Then display them in your window to brighten up your community for people to see on their daily exercise walks.

HOMework HELP



Q: My school has set lots of work, how am I supposed to get through it all?

A: You're not, do as much as you can. It's there if you need it. Some parents want a little and some want a lot - Do what you feel is right for your child to keep some learning and activity going.

Q: How can I get three lots of work done with 3 children of different ages?

A: Again, just do what you can and enjoy it! If they're old enough try to get them to do parts independently or teach each other. Otherwise try to do something they can all engage with, reading a story together, some free writing, baking etc.

Q: What's the minimum amount of work you would expect?

A: The work is a guide to keep some learning going. So do as much as you can manage, whilst also prioritising staying healthy. Your child's teachers are human too, we understand the challenges.



TOP TIPS FROM MIND

Coronavirus (COVID-19) is affecting all our lives.

The mental health charity MIND have put forward some simple top tips to follow during these times.

-  Make a routine - try to involve everyone
-  Find ways to keep your mind relaxed
-  Try to keep active
-  Take care with news and information
-  Stay connected with people
-  Stay well rested and eat well



KEEPING ACTIVE



Following the advice from MIND and in the footsteps of Joe Wicks. We recognise the importance of keeping active in maintaining good mental health. Imoves is a website with free fun activities to keep the whole family active during these times.

If you click on the link above it will take you to the free signup page.



TIMETABLE FOR HOMESCHOOLING

Do NOT feel pressured into completing it all....just do what you feel is right for your child.

This is just a suggested timetable.

| | | |
|---|------------------|--|
|  | 8.00 - 9.00am | Morning Routine Get dressed, have breakfast |
|  | 9.00 - 9.30am | Exercise Joe Wicks live, Go Noodle, Dance |
|  | 9.30 - 11.00am | Learning Time Tasks set by teachers |
|  | 11.00 - 11.30am | Break time & snack Go in the garden for free play, play with toys |
|  | 11.30 - 12.00pm | Learning Time Tasks set by teachers |
|  | 12.00 - 1.00pm | Lunch time Children to help prepare food and help with the dishes |
|  | 1.00 - 1.30pm | Free time Get some fresh air in the garden, electronics time, play with toys, play board games |
|  | 1.30 - 2.30pm | Creative time Drawing, painting, go on a bug hunt/nature trail in the garden, dance, sing |
|  | 2.30 - 3.00pm | Reading/Quiet time Read a book, mindfulness (mindfulness activities can be found on YouTube/Go Noodle) |
|  | 3.00 - 5.00pm | Tidy up time Tidy away for the day, help around the house, cleaning, prepare tea |
|  | 5.00pm - Bedtime | Meal time & Free time plus bedtime story |

MINDFUL MOMENT



Pick a window and spend a few minutes looking outside. Notice what's happening. What colors, shapes, textures, or patterns do you see? Do you notice anything new?

One of the positives of our current situation is the extra time we have. Through mindful activities we can use some of this time to notice the small things that we sometimes miss when life's pace is a little more hectic. It is good to take the extra time to notice the little things. Maybe even record your observations and feelings .