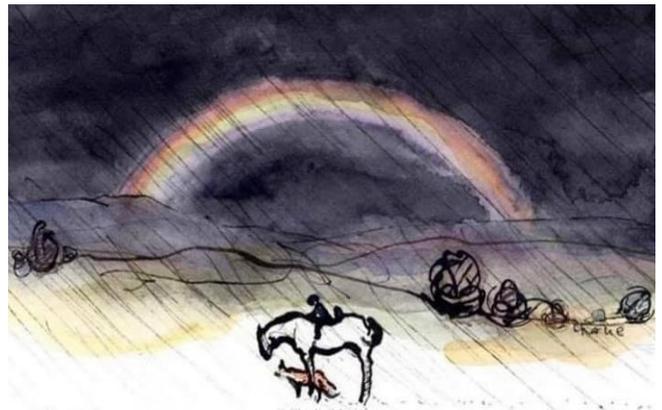


Dearest Parents, Carers & Children,

I am saddened and surprised to be in this situation again. It's our third lockdown, and once again school has partially shut. Saddened that school is only partially open and I don't get to see the children, and surprised with how long this virus has gone on.

Being a working mum, with two children who are both learning remotely, I get to see the two-sides in this situation. I know just how hard this is on the children learning at home and their parents, and I see first-hand in school, just how hard our critical key-working parents are working to balance their demanding roles in the NHS and support their children.



"This storm is making me tired," said the boy  
"Storms get tired too," said the horse, "so hold on."



I have put together some ideas to support your wellbeing and the wellbeing of people around you. I have based these strategies on the 5 Ways to Wellbeing; an approach we are starting to embed within Frimley Junior School.



### Connect - Be part of 'The Frimley Wave'

During these times, the children really miss school and social interaction. While those in school miss their buddies, those at home can feel isolated. Earlier in the year, we all placed rainbows for the NHS in our windows. This time, we would like you, as a family, to join in with the 'Frimley Wave'. On the fingers, add messages showing your team spirit and words of love and wellbeing which others can read. Pass on the gratitude to the NHS and other critical key workers and decorate your hand ready to be placed in your window. Children will be able to enjoy local walks and see just how many Frimley children are 'waving' back at them from their windows.



### Keep learning - mindfulness

Mindfulness teaches us to slow down our busy thoughts. It's rooted in Buddhist meditation; it releases negativity and can calm both the body and the mind. Learning just a few techniques with your child, can build important mental and emotional connections which can lessen the anxiety and the stress.



### Breathing Buddies

Ask your child to lie down on the floor and place their favourite teddy stuffed animals on their belly. Breathe in silence for one minute, and take notice of the Breathing Buddy moving up and down. Imagine their thoughts that come into mind turn into bubbles and float away.

### The Squish & Relax Meditation

While your child is laying down with their eyes closed, have them squish and squeeze every muscle in their bodies as tightly as they can. Tell them to squish

their toes and feet, tighten the muscles in their legs all the way up to their hips, suck in their bellies, squeeze their hands into fists and raise their shoulders up to their heads. Have them hold themselves in their squished up positions for a few seconds, and then fully release and relax. This is a great, fun activity for "loosening up" the body and mind, and is a totally accessible way to get the kids to understand the art of "being present and in the moment".

You can find other techniques on these websites:

Square breathing - <https://www.youtube.com/watch?v=YFdZXwE6fRE>

Finger breathing - <https://www.youtube.com/watch?v=sh79w9pn9Cg>

Meditation for children - <https://www.headspace.com/meditation/kids>



### Physical - Take A Challenge

Mental and physical health is an important consideration; especially during lockdown when we need to focus even harder on our health and wellbeing. Mr Phillips has been sending out weekly PE lessons, and these are great to help you stay active.

Encourage your child to take part in the Surrey Heath virtual inter-school cross country challenge or take part in Joe Wicks fabulous workouts or Complete Coaching fitness.

Joe Wicks - <https://www.youtube.com/user/thebodycoach1>

Complete Coaching - <https://www.youtube.com/c/completecoaching>

**CROSS COUNTRY**  
Let's keep active together  
Can you?  
Walk/jog/run continuously for 10 minutes  
OR  
Walk/jog/run 1 mile (1.6km)  
Note down your best time or distance each week and send in to your teacher

@ActiveSchoolIAS  
#SurreySchoolGames

VIRTUAL SURREY SCHOOL GAMES

AS ACTIVE SURREY





## Take Notice - Rock Stacking and Den Building



Make the most of our local area and build dens or stack rocks. Encourage your child to think carefully about the pieces of wood they are collecting and how to balance the rocks to make a steady sculpture. Having a focused task in nature, will naturally help to quieten children's minds to create calm and peace.

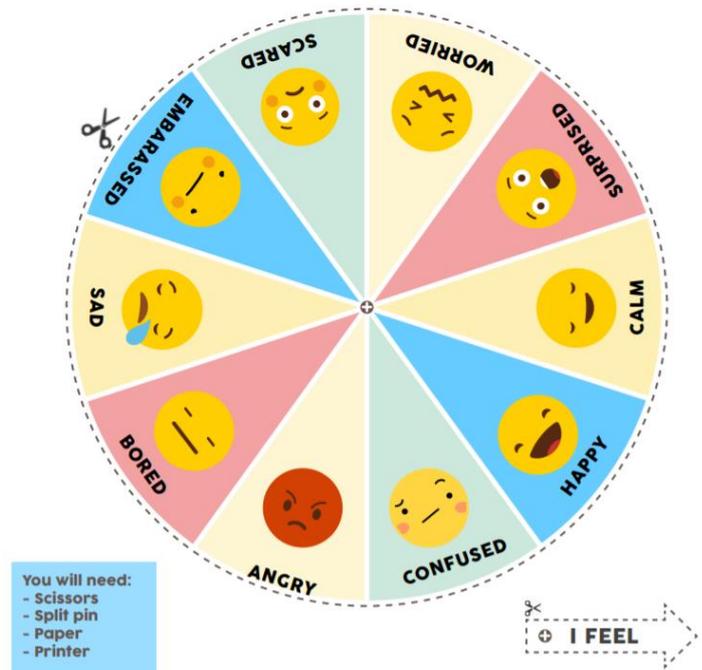


## Give - Time and Thanks

During this difficult time, your children will find it difficult to visualise their future; this can lead to frustration, tears and anger. It's important to validate and acknowledge how they are feeling, about not seeing friends and any disappointments such as holidays being cancelled etc. Helping children to orientate their future plans gives them a feeling of hope and helps to visualise their future.

Write a message of thanks for your lovely Christmas gifts. Include a picture and send your thank you note in the post to a grandparent, uncle, aunty or friend. Giving your time to make someone else happy will boost your own feelings of positive wellbeing.

Children may start to feel overwhelmed with the situation. However, it is important that we give them the tools to help them try to solve the problem for themselves. Rather than always offering reassurance, try to respond to their question, with a question. For example: 'I know you are worried about us getting poorly, but what are the things we are doing to keep ourselves safe?' This can help break one larger problem into more manageable problems that have clearly identifiable solutions.



It's very hard for children to express their feelings because they often don't know why or how they are feeling a certain way. This Wheel of Emotions is a great way to get children to talk about their feelings.



:

<https://www.youtube.com/watch?v=nCrjevx3-Js#action=share>

I hope some of these strategies and ideas help. If you would like any extra resources or support on mental health and wellbeing, including sleep and anxiety, please email your class teacher and I will pass on the relevant information. We are all happy to help.

Stay Safe

Mrs Stroud

Mental Health & Wellbeing Ambassador

"What is the bravest thing you've ever said?" asked the boy.



"Help." said the horse.

Support and Advice:

The Anna Freud Centre have put together a range of resources for young people, parents and carers.

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

## Helplines

**SHOUT - text 'Shout' to 85258 for 24/7 crisis text support**

**YoungMinds Parents Helpline - call 0808 802 5544 for free Mon-Fri from 9.30am to 4pm**