



At St Aloysius children are encouraged to think positively, try their best and look for ways to overcome difficulties. It is amazing to see how the children have adapted to a new way of learning. Children at home are enjoying their Google Meets with their friends and teachers whilst children in school continue to work co-operatively with each other in their smaller bubbles. We know that this way of learning poses many difficulties and challenges. In these rapidly changing and uncertain times it can be difficult not to worry about what it all means for ourselves and our loved ones. Therefore, it is more important than ever to be aware of our own wellbeing as well as supporting our children's mental and emotional health.

Next week is Children's Mental Health week 2021, so it is a great time to think about the importance of keeping emotionally healthy. This year the theme is 'Express Yourself'; both in school and remotely, children will be taking part in a variety of activities exploring different ways we can express ourselves and creative ways to share thoughts, feelings, and ideas. We will be reminding the children of how useful it is to talk about their feelings and to ask for help when they need it. It is also the perfect time for adults to reflect on their own wellbeing and perhaps make an extra effort to have some 'me time' each day.

As always if you have any concerns for yourself or your child please do not hesitate to get in touch.

Mrs James



1. **Connect** – a phone call to a friend, making time in your day to chat with each other.
2. **Be active** – go outdoors for a walk or try some exercise sessions indoors with each other
3. **Learn** -have fun try something new, a recipe, a jigsaw, juggling.
4. **Give** – be kind to yourself and others
5. **Take notice** – wherever you are take a moment to relax, look and find something beautiful.

You need to take care of yourself so that you have the physical and emotional energy to take care of your family.

- Michelle Obama

Promoting good mental health

As part of their remote learning your child will be asked to complete **daily movement breaks**. These are vital in maintaining their sense of wellbeing as well as supporting their learning.

Regular **PSHE lessons** provide an opportunity for children to reflect upon their experiences and help them to understand various aspects within their own lives and others'. These sessions are a great way to begin a conversation with your child about any worries or concerns they are having.

In school children are asked to take part in a **daily 'check in'**, inviting them to share how they are feeling. Try this at home, you could even join in, talk about how feelings may change throughout the day.

Success will be celebrated whether it's during a Google meet or in written feedback; all our children should **feel proud of their achievements**. Encourage your child to share the good things from their day with you.

Try to maintain a sense of **structure and routine**, disruption can often lead to anxiety or frustration.

Know and accept that some days will be more difficult than others, for yourself and your child.

Ideas and activities for you to enjoy with your family:

- Keep a journal, either shared or individual, a collection of photographs, drawings, letters, to record feelings and actions.
- Mindfulness is scientifically proven to improve stress and anxiety. It can be as simple as a few minutes of deep breathing listening for any sounds, placing your hand on your chest or stomach to feel the breath and closing your eyes.
- Create a list of 'mood busters' which can be referred to when needed.
- Play a board game together.



More information can be found on our school website, 'Keeping emotionally healthy'

Useful websites:

- [Children's mental health | Every Mind Matters | One You \(www.nhs.uk\)](#)
- [Mental Health and Wellbeing - Teaching Resources - BBC Teach](#)
- [Resource library : Mentally Healthy Schools](#)
- [Remote Schooling SOS | Parent Zone](#)