



## WHAT'S IN THIS MONTH'S ISSUE:

- Top tips for an Anxious Child
- 5 ways to Well-being.

# Spotlight on Safeguarding

Dear Parents / Carers,

Welcome to our May edition of our Safeguarding Newsletter. This month we have the Year 6 Sats coming up and lots of talk has begun around transition. With that in mind, we have shared some top tips to support anxious children with some additional links on where to find more information. We also focus on the 5 ways to well-being and how we can look after our own and our children's mental health.

Do we have your latest details?  
Have you informed the school you have moved house? Do you have a new contact number? Do we hold the latest information about your child's medical needs?  
Please ensure that you have informed the office by email on any changes.



## Online Safety and Smartphone Use Information Talk

On Thursday 22<sup>nd</sup> May at 5.30pm we are welcoming Mrs Mills, Headteacher of Birchwood High School to deliver a talk to parents on online safety and smartphone use. She will share valuable insights, the latest research and practical advice to help you keep your child safe online.



## TOP TIPS TO HELP AN ANXIOUS CHILD

- Talk to your child about their anxiety or worries. Listen to them carefully to understand their feelings.
- Think of ways to find solutions to make things better.
- Teach your child to recognise signs of anxiety in themselves
- Encourage your child to manage their anxiety and ask for help when they need it
- Children of all ages find routines reassuring, so try to stick to regular daily routines where possible
- Try not to become overprotective or anxious yourself
- Practise simple relaxation techniques with your child, such as taking 3 deep, slow breaths, breathing in for a count of 3 and out for 3
- Distraction can be helpful for young children. For example, if they are anxious about going to nursery, play games on the way there, such as seeing who can spot the most red cars
- Turn an empty tissue box into a "worry" box. Get your child to write about or draw their worries and "post" them into the box. Then you can sort through the box together at the end of the day or week.

For more support and information:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>

<https://www.annafreud.org/resources/schools-and-colleges/seven-ways-to-support-children-and-young-people-who-are-worried/>

Report any concerns if you suspect a child is being abused or is in danger of being abused.

Please contact the Designated Safeguarding Lead (Mrs Claire Roper), or one of the Safe and Sound team. You can also contact the Multi-Agency Safeguarding Hub (MASH) on:

- 01925 443322, press one and either say MASH or the name of their person you wish to speak to (if known)
- Outside of office hours call on 01925 444400 if you believe the child is in immediate risk of harm, call 999.
- If you believe a crime has been committed, contact the police on 101

# Well-being

Just as we're encouraged to eat at least five fruits and vegetables a day for our physical health, it's important to care for our mental health too.

We've shared below a range of ideas on how you can introduce the five ways to wellbeing into your every day routine. What additional ideas can you think of to enhance your wellbeing?



**Connect:** Connecting with the people around us is a great way to remind ourselves that we're important and valued by others.

Here are some suggestions for staying connected:

- Arrange a virtual movie night with friends using a streaming service.
- Organise a book club and discuss a new book each month.
- Start a weekly video call with family members to catch up.
- Create a shared photo album to document winter memories.
- Join a local community group or club that interests you.
- Write and exchange letters with a pen pal.
- Attend local events or workshops to meet new people.

**Be active:** We know that there's a link between staying active and positive mental health and wellbeing.

By making sure we are regularly moving our bodies, we can look after our mental and physical health at the same time.

Here are some ways to be active:

- Step outside every day, even if it's just for a quick breath of fresh air
- Add stretches or gentle movements to your daily routine.
- Watch and join in with some cosmic kids yoga.
- Explore a new park or your local area.
- Participate in a charity run or walk.
- Dance to your favourite music.

**Take Notice:** Taking notice of our thoughts, emotions and surroundings is a great way to stay present and pay attention to our needs.

Here's some suggestions around taking notice:

- Spend time birdwatching in your local area.
- Try mindful colouring or drawing.
- Take photos of nature and create a seasonal photo diary.
- Create a sensory garden.
- Listen to the sounds of nature, like rain or wind.
- Practice mindfulness breathing for a few minutes each day.
- Take a moment each day to appreciate something beautiful around you.
- Watch the sunrise or sunset and reflect on your day.

**Keep learning:** Learning new things is a good way to meet new people and boost our self confidence, which in turn improves our mental health and wellbeing.

Here are some ideas to keep learning:

- Learn a new language using apps or online resources.
- Take up a new hobby like knitting, painting, or cooking.
- Read a book on a subject you know little about.
- Watch documentaries on various topics.
- Learn to play a musical instrument.

**Give:** Research has found a link between doing good things and an increase in wellbeing.

Here are some suggestions to give more

- Bake treats and share them with neighbours or friends.
- Make handmade gifts for loved ones.
- Join in with a community clean-up event.
- Donate books or toys to charity.