

Welcome to our Wellbeing Newsletter.

Hi everyone,

Welcome to the March edition of our Wellbeing Newsletter.

The past year has seen so many challenges and obstacles for the young people and the way they have been educated has altered so much, so it was with great interest to hear the government's announcement that all students are to return to full time education from March 8th.

In my role it's been clear to see how many of them have attacked this with a determined and positive attitude and it has been clear that everyone is looking forward to hopefully the return of a 'normal' life by the end of this academic year.

Whilst I know many will have some concerns about returning, we as a school and Student Services in particular cannot wait to see everyone and to hear about how they have been getting on and helping them to begin to look forward and the many, exciting things they will soon be able to do.

The school has been so much quieter without everyone in and it is going to be fantastic to have it buzzing with activities, life and learning again.

We know there is much to do to support our students on their return and we will do our utmost to make sure this transition back is as smooth and worry free as possible. With this in mind I for one am excitedly looking forward now to see what 2021 can bring!

Please do continue to email us at wellbeing@wildern.org if you would like to see some suggestions of websites you could visit for support or advice in April's newsletter.

Kind regards
Mrs Thomas
Head of Student Services

'Every Mind Matters, Every Person Counts'

YOUNGMINDS

Top tips for coping with isolation

1. Keep a daily routine going as much as possible, while also allowing for the fact that things will be different and trying not to give yourself a hard time about this. A meal planner might help to structure your days, breaking up the time and giving your family regular opportunities to gather together.
2. Get some fresh air and exercise together every day - whether that's walking, running, scooting, skipping, doing an online workout or an egg and spoon race in the garden! This is really important for wellbeing and helps to lift our mood. The government is currently advising that people can go outside with people they live with once a day for exercise - as long as no-one in the household is showing symptoms or has a condition that means they need to isolate more strictly.
3. Connect online with family and friends. Having contact with our support networks is really important at the moment - and you and your children can keep in touch with people using free apps such as WhatsApp, Facetime, Zoom, Skype, Google Hangouts and more. If you're in touch with other parents from your child's class, can you come up with some ideas together for staying connected?
4. Search online for free activities your children can join in with virtually - helping them stay entertained and giving you opportunities for a quick break. You can find free online classes for young people in dance, PE, workouts, science, yoga and more. For more activity ideas and suggestions on how you can use this time together to start a conversation with your child about their mental health during these uncertain times, have a look at our page on activities and conversation starters during the coronavirus pandemic.
5. Make a boredom jar. Ask your children what their favourite indoor activities are and write them to make a lucky dip or boredom jar. Write their ideas down on strips of paper and keep them in any container you've got, such as a bag, bowl, jar or hat. In moments of boredom or struggle, invite them to choose something they know they enjoy doing. Depending on their age, activities could include crafting, making playdough, dressing up, baking or cooking, watching their favourite film or playing a video or board game with you.

TALK TO US
if things are getting to you
116 123 FREE
Samaritans

3 in 5 said regular chats improved their wellbeing during the pandemic
Brew Monday

Childnet International

Welcome to EYCS - Eastleigh Youth Counselling Services

Counselling can give you the opportunity to talk about any worries, concerns or difficulties and the service is **free and confidential** for those aged 11 to 19.

At EYCS the counsellors are specially trained to listen and support you through tough times. They can help you work at the changes you want to make. All EYCS counsellors are members of the British Association of Counselling and Psychotherapy (BACP).

Next step...
Call or text on 07879 761660 or email eycs@wildern.org

Digital Wellbeing

Going online and using technology can impact our emotions and mental health. Digital wellbeing is about recognising the way going online makes us feel and knowing how to manage this.

- Top Tips
1. Be conscious of how going online makes you feel and whether different activities have a positive or negative impact on your emotions.
 2. Make use of wellbeing tools to manage your time online and manage notifications to make your experiences more positive.
 3. Make your feed a place of positivity and follow accounts that make you feel good. You can see other posts by visiting profiles and pages directly, instead of them popping up in your feed.
 4. Practise self-care and make time for yourself. Try out different offline activities and find one that leaves you feeling recharged - whatever works for you!
 5. Sometimes being online can be overwhelming, but having people who want to support you is invaluable. Reach out if you need to - getting help is a sign of strength, not weakness. [Read More](#)

WAYS TO FEEL CALMER

- Try one of these things every day:
- **Be kind to yourself.** Think about what you'd say to a friend if they were in your position.
 - **Check your basic needs.** Think about whether you're hungry, thirsty or tired - and eat, drink or rest if you need to.
 - **Focus on things right now.** If you're feeling overwhelmed or angry, take yourself out of the situation by pausing for 30 seconds and feeling your feet firmly on the ground or your back against a chair.
 - **Take a break.** Make time to listen to music, go for a walk or have a chat with family or friends.
 - **Take deep breaths.** Take 5 deep breaths in through your nose and out through your mouth.
 - **Be kind to other people.** Help yourself to feel proud or good by doing a random act of kindness like offering to wash up, make someone a cup of tea or get involved in volunteering.
 - **Learn to say no.**

ASK FOR ANI
#ASKFORANILINE
Action Needed Immediately
For anyone experiencing domestic abuse

Ask for ANI
The government has launched the Ask for ANI (Action Needed Immediately) codeword scheme to enable victims of domestic abuse to access immediate help from the police, or other support services, from the safety of their local pharmacy.

It has been designed so that domestic abuse victims can get discreet help more easily and has been launched in response to surging levels of domestic abuse throughout the coronavirus crisis.

Anyone of any gender can now go into a participating pharmacy and ask for 'Ani', pronounced Annie, an acronym for 'Action Needed Immediately'.

They will then be taken by a staff member into a private room where they will be helped and put in touch with the relevant support services.

All of the Boots stores (66) across Hants & IOW are on board with this and there are 4 independent pharmacies:

- Hobbs Pharmacy in Brune Health Centre, Gosport. Hants - PO13 0EW
- Hobbs Pharmacy, 22 Mengham Road, Hayling Island, Hants - PO11 9BH.
- The Village Pharmacy, 2-4 Stubbington Green, Fareham, Hants - PO14 2JQ.
- Shepherds Spring Pharmacy, Andover, Hampshire - SP10 5DE.

For further information [Click More](#)

parent INFO
FROM NCA, CEP AND PARENT ZONE

NOS National Online Safety

BRAND NEW National Online Safety Mobile App
It's time to get #OnlineSafetySavvy

Free mobile APP for parents and carers.
Children are spending more time than ever online. As adults, we need to do everything we can to keep them safe in the digital world. But with new apps, games and platforms emerging every day, how can you stay in the know? Say hello to the new National Online Safety mobile application. Created by experts, developed by us.

With all, online safety knowledge available at your fingertips, the NOS app empowers parents and teachers to understand and address online safeguarding risks - any time, anywhere. The world's most comprehensive online safety app, it's packed with insightful courses, explainer videos, webinars and guides on topics that will help you protect the kids you care about when they're online. [Click More](#)

Physical activity for children and young people (5-18 Years)

Be physically active

Sit less Move more

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

UK National Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive

change4life Lockdown lunches

Sometimes we say we're fine... when we're not.

To really find out, #AskTwice.

BE IN YOUR MATE'S CORNER

1 in 10 young people will experience a mental health problem this year. If your mate's acting differently, slip in.

- 1 Reach out. A text or call goes a long way.
- 2 Listen, don't judge.
- 3 Do something together.

time to change
let's see what mental health is like

time to change
let's see what mental health is like

Conversation Starter

1 in 4 people will experience a mental health problem this year. Get talking using this mental health conversation starter.

time to change
let's see what mental health is like

Thinking critically and spotting fake news

Screen Savers: Looking after your eyes, body and mind when using screens

We are spending more time online than ever before, possibly sitting and working with poor posture as we use makeshift desks and chairs. There is a tendency to take fewer breaks and less exercise and this is affecting our physical well-being.

Beacon House the specialist, therapeutic service for young people, therapists and adults has produced a series of six posters outlining ways to keep safe and alert when working at home, whether children or adults.

Download the posters [Click More](#)

Beacon House
Therapeutic Services and Trauma Team

YOUNGMINDS

When emotions explode

Last year and the start of 2021 has been extra stressful and understandably emotions may be heightened at home. It's normal to feel frustrated, worried or angry about the situation, but it can be hard to know how to communicate in these very emotional or angry moments.

This poster aims to support parents when their child has angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.

When Emotions Explode

Young Minds have also created a useful poster highlighting ways to give support to children when they have angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.

Very Angry
Stay calm. Stay safe. Work more if possible and make sure you don't engage with your child until you are both calm.

Frustrated
Reflect what you can see in your child. You can see that you're angry/upset. Understand that this might be difficult for you. Understand when you did a bit more you feel.

Calm
One thing to explore your own feelings and calm down. What happened there? How did you feel? If that has been one of your feelings then you should talk to your friend and tell them about this.

360

Supporting Parents Helpfinder

Times are tough for many people right now. Parents find themselves pulled in many different directions and children may be struggling being in the house for so much longer than usual.

A mixture of concern about covid, work from home and children at home, along with a possible financial impact make for a stressful household.

Young Minds have created a useful 'Supporting Parents Helpfinder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond).

Find the help finder [Click More](#)

When Emotions Explode

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