

# Nexus Educational Schools Trust Wellbeing Newsletter

Dear Parents and Carers,

I hope that you and your families are well and managing to take care of each other.

This is our eleventh week of partial closure during which we have had to adapt to different ways of working and living in a lockdown. It is an anxious time for all of us and we are aware that many of our children will be feeling just as anxious as they too adjust to the reality of being at home for long periods of time and not being able to play with friends.

How a child reacts can vary according to their age, how they understand information and communicate, their previous experiences, and how they typically cope with stress. You may find your child's behaviour is changing during the period of lockdown as they feel anxious or angry, frustrated or fearful. Any or all of these behaviours are understandable; your child will be trying to cope with the unusual situation.

Like us, they need to think that it is all going to be okay. That means you may not achieve what you have planned for the day or your child may not finish a piece of home learning.

Do take a break, give your child a cuddle, play a game or read a book together or perhaps do nothing for a while. Don't worry about your child falling behind in their learning. If your child gets stuck on an area of learning try not to worry too much and simply make a note of what they found hard. When everyone is back in their classrooms, our teachers will adapt lessons and revise the curriculum to meet all the children's needs.

A good way to help a child when they become anxious over learning is to say that understanding will come, but just "not yet". This can also apply to the end of lock down and return to school.

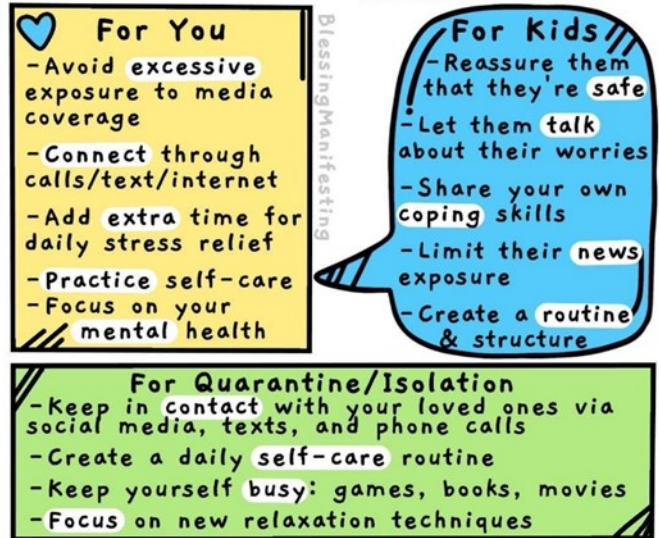
As well as thinking about the children or young people in your care, it is important to take care of your own mental health and wellbeing. Children and young people react, in part, to what they see from the adults around them. When parents and carers deal with a situation calmly and confidently, they can provide the best support for their children and young people. Hopefully the links in this newsletter will provide some support.

Starline is a national home learning helpline: <https://www.starline.org.uk/>

Please do take care and contact the school for guidance and signposting if the need arises for any member of the family..

The Nest Central Team.

## MANAGING CORONA VIRUS (COVID-19) ANXIETY



**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

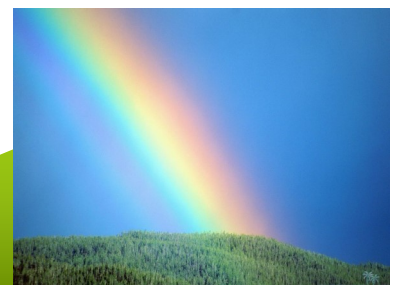
- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BlessingManifesting

### How to talk to children about Covid-19

Blog with answers to questions

<https://www.anxietyuk.org.uk/blog/how-to-talk-to-children-about-covid-19/>



## Explaining Covid – 19 in children friendly language

The Scared Gang Have to Stay at Home book is free to download gives a lovely explanation for young children

<https://www.sensoryattachmentintervention.com/publications>

Nosy Crow free information book explaining the coronavirus to children - free to download

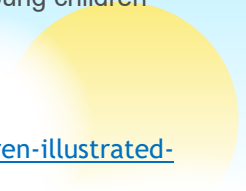
<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

A Corona virus story for children

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Coronavirus-story-for-children-1.pdf>

'Many ways to share a hug' - Social Story

[https://www.childhood.org.au/app/uploads/2020/04/hug\\_HR.pdf](https://www.childhood.org.au/app/uploads/2020/04/hug_HR.pdf)



### Helping children and young people cope with stress

1. Listen and acknowledge
2. Provide clear information about the situation at the child's level
3. Be aware of your own reactions
4. Connect regularly, with your child and remotely with others
5. Create a new routine
6. Limit exposure to media and talk more about what your child has seen and heard

*For more information:*

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

### How to tell children that someone is seriously ill

Information, advice and guidance on supporting bereaved children

<https://www.winstonswish.org/coronavirus/>

### Suggestions if your child struggles with higher levels of anxiety

Some children are naturally more anxious, and the current situation can make those anxieties worse.

Get them to do activities such as counting, ordering and sorting tasks which can help them calm down

Encourage them to use relaxation techniques such as controlled breathing

Look out for obsessive or compulsive behaviours and try to get ahead of them early by challenging unhelpful thoughts and assumptions

If you're worried about your child's anxiety, **Young-Minds** is a charity dedicated to children's mental health.

They've opened a [parents' helpline](#) for confidential, expert advice. You can reach them at 0808 802 5544

### Take Care of yourself.

**Connect with others** – through phone and video calls

**Exercise** – take some time every day to move.

**Eat healthy meals** – try to keep a well-balanced diet and drink enough water

**Get some sleep** – try to develop a calming bedtime routine – for example, do 10 minutes of yoga or listen to calming music

**Turn off the news** – Limit your exposure to the news to only a small amount of time, just enough to know what the latest government guidance is

**Do things you enjoy:** Try a new hobby

**Set goals:** Try simple daily and weekly goals

**Connect with the outdoors**

### Support Agencies

National Domestic Abuse Helpline on **0808 2000 247** (24-hour service) or contact them via their contact form at [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk). **In an emergency, always call 999 if you are in danger.**

Whatever your worry – call the NSPCC on 0808 800 5000, email or submit an online form. They also have advice about spotting the signs of abuse. You can call **Monday to Friday 8am – 10pm or 9am – 6pm at the weekends**. <https://www.nspcc.org.uk/> ]

**Nest schools can also signpost to a range of services, contact your school via email .**

