

## Mental Health and Wellbeing Summer 2022

What a busy year the children have had – we are so proud of how hard they have all worked. The Summer Term is a very busy one with Sport's Days, Art and DT projects, end of year tests, trips out, performances. Discos etc and it can be very tiring (especially when the weather is so hot) so well done to you all for trying your best. It always feels a little bit emotional too, as we say goodbye to our Year 6 children.

With the six weeks ahead of us it can feel very exciting but also a little daunting for some. Nerves about next year start to creep in and with routines going out of the window it can cause some children to have additional anxiety. We want you all to enjoy your holiday so here are some tips for staying calm over the summer.

### Top Tips

- 1) Keep the children busy – give them a list of jobs that need to be done each day such as making their own bed, tidying up after themselves, washing up etc. Make sure you have quiet activities for them to do when you are busy (colouring, drawing and jigsaw puzzles etc).
- 2) Prepare for the week ahead – try to plan out your week and if you are on a budget put drinks and snacks on your shopping list to take on your travels, this saves both time and money.
- 3) Spend time together – play a game or spend some one to one time with them for ten minutes a day. This quality time can really boost a child's confidence, it can help their mental health, and it increases their sense that you care and they are loved.
- 4) Stick to bed time – this can be really difficult to do during holidays, so it might be easier to allow them to go to bed a little later than they do on a school night, but stick to that time. Late bedtimes = grumpy children and unrelaxed parents. They need the sleep and you need some 'me' time.
- 5) Talk about their worries – thoughts of returning to school may creep into thoughts after a couple of weeks. Talk to them about how they are feeling and discuss any concerns they may have.

- 6) Keep up with reading – a great way to spend time with your child is to listen to them read or read to them. This will create some lovely bonding time and keep their reading skills sharp.
- 7) Get outside – we all know how daily exercise kept us mentally and physically healthy during the COVID lockdowns. Make sure you go for walks and appreciate nature around you. We are fortunate to have The Wyre Forest, Habberley Valley, Bewdley, Stourport, canal and river walks and parks to go and see nature at its finest for FREE in our locality.
- 8) Reflect – think about all of the positives that you have in your life (your children, family, health, work etc) and take time feel blessed. Having a positive mind set contributes to a healthy mental mind set.

There are also some restaurants who are doing deals for Kids to eat free or for £1 when an adult meal is purchased during the holiday so you can treat yourself without breaking the bank. I have listed some below:

Asda

Bella Italia

Morrisons

Hungry Horse

Beefeater and Brewer's Fayre

As always there are agencies who can help during the school holidays if you are struggling.

[CAHMS online](#)

The Child and Adolescent Mental Health Service have launched and website for children. This is well worth a visit to help children with anxieties and feelings.

<https://camhs.hacw.nhs.uk/>



[Starting Well Partnership](#)

The starting well partnership offers support for families – they have a ‘Fussy Eaters’ Webinar taking place on 25<sup>th</sup> April via zoom at 10-11am.

<https://www.startingwellworcs.nhs.uk/>



Anna Freud National Centre for Children and Families

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>

Wishing you all an enjoyable and safe Summer holiday.

Mrs Taylor