

# Kyra Wellbeing Newsletter

W/C Monday 13th July 2020

## Useful Links

Top tips to help families work together and support one another during the coronavirus outbreak: [Click here.](#)

**What if lockdown has been a relief for my family?** Blog by Dr Laura Talbot, Clinical Psychologist at the Anna Freud Centre. [Click here.](#)

**Bitesize Support:** A variety of articles and resources to support primary and secondary school transition, Parents' Toolkit, stress management and more: [Click here.](#)

## Saying Goodbye and Hello

Anna Miller, Mobilise Champion and Mum

'Parents know their children best and as such I think it's important that parents feel that first of all, they can communicate with school about the reality of lockdown for them as a family – what has been positive that could be built on in school and what has been less so and then what their child's specific transition needs are and what would be the most helpful transition support now and prior to September.

[CLICK HERE TO READ THE FULL BLOG POST](#)

## This Calls for Love

Helen Taylor and Marion Watson, Saint Lawrence C of E Primary School

"Today we are sharing with you a beautiful song that one of the parents has kindly sent to us following some of our more recent emails. It has been written by Gary Barlow during this lockdown period and is entitled 'This Calls for Love'. Music is good for the soul and I know, from listening to this, you find some peace in this tricky time."

[CLICK HERE TO READ THE FULL BLOG POST](#)

Recommended Blog:

## Flourishing in stressful times: Ideas for self-care using PERMA

Written by Dr Chris Moore

'Self-care should be high on the agenda; after all, how can we hope to contain and co-regulate with children's emotions if we're overwhelmed by our own?'

This blog looks at the PERMA acronym coined by Martin Seligman. There are five elements within this construct of well-being and they continue to be popular aspects of the Positive Psychology approach. I think it's a helpful framework to keep in mind as we strive to look after ourselves. While I mention some ideas related to each construct below, everyone is different and you will be the best judge of what works for you. Whether you're a member of staff in a school, a parent/caregiver or a professional, it's more important than ever that we manage our own stress.'

[CLICK HERE TO READ THE FULL BLOG POST](#)

### TOP TIPS TO SUPPORT TRANSITION BACK TO SCHOOL FROM OUR FOSTER CARER EDUCATION CHAMPIONS

SET THE ALARM AND GET UP AT THE USUAL TIME FOR A SCHOOL DAY

KEEP TO A REGULAR DAILY ROUTINE THROUGHOUT THE WEEK WITH HOME LEARNING AND BREAK TIMES SPREAD THROUGHOUT THE DAY

MAKE SURE SCHOOL UNIFORM & SHOES STILL FIT AND ORGANISE SCHOOL BAGS

MAKE REGULAR CONTACT WITH CLASS TEACHERS, TEACHING ASSISTANTS, KEYWORKERS AND SCHOOL FRIENDS AND CLASSMATES

KEEP PRACTISING HYGIENE AND SAFETY SKILLS LIKE HAND WASHING AND SOCIAL DISTANCING

MAKE A SOCIAL STORY IN ADVANCE USING PHOTOS FROM SCHOOL OF THE ROOMS, PLACES AND PEOPLE THE CHILDREN WILL BE GOING BACK TO

NORMALISE (AND EVEN MAKE FUN) SOME OF THE MORE SCARY ASPECTS OF THE SITUATION SUCH AS WEARING MASKS AND MAKE UP NEW DISTANCE GREETINGS

TAKE A WALK TO SCHOOL & TALK POSITIVELY ABOUT THE RETURN TO SCHOOL TRY NOT TO COMMUNICATE ADULT ANXIETIES ABOUT COVID-19



Lincolnshire  
COUNTY COUNCIL  
Working for a better future

Caring2Learn has shared this poster of top tips to support parents and carers as they prepare their children and young people for the return to school.

Available to download [here.](#)

More information about Caring2Learn can be found [here.](#)