

Kyra Wellbeing Newsletter

W/C Monday 15th June 2020

Recommended Blog:

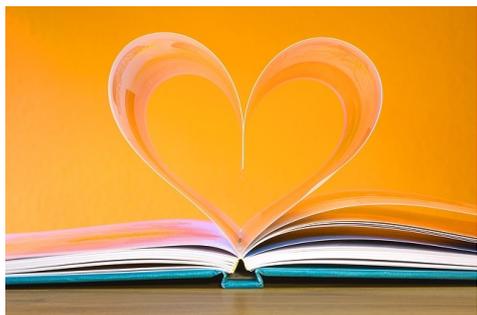
5 Ways to Manage Your Wellbeing as a Parent During Lockdown

Peter Fuggle, Director of Clinical Services at the Anna Freud Centre and Yvonne Millar MBE, Clinical Psychologist. Blog published on BBC Bitesize

“When you were a child, perhaps you remember being aware of how your parents were feeling at a particular moment in time. In the same way, our own state of mind in lockdown can easily be passed on to our children. We may be fearful of showing this, but to never have any moments of anxiety or frustration is almost impossible right now. So, rather than trying to completely control or stop these negative emotions, we need to recognise them. Emotions easily spread through a family. If we can find moments to be calm and relaxed, these positive feelings will spread too.

Amidst the muddles, misunderstandings, fun and frustrations of present day family life, here are some suggestions about how - as a parent or carer - you can manage your own wellbeing.”

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



Blog: Why Should I Read?

Helen Taylor, Assistant Head of Saint Lawrence C of E Primary School
Shared with kind permission:

“Some of the authors that I follow on twitter were recently asked this question by a child, and I just wanted to share their answers with you and maybe you could share them with your children.”

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

Useful Links

New online workshop from Healthy Minds Lincolnshire: ‘Survival Guide to Change’: Suitable for children in Year 6+. Parents/carers of Y6 children/younger secondary are advised to complete the workshop with children or watch the videos and use strategies and information to support their children. [Click here.](#)

Charlie Waller Memorial Trust: Webinars - Schools and Families Programme - a selection of short webinars produced by experienced mental health trainers. Trainers explore strategies for maintaining positive mental health, paying attention to our own wellbeing and supporting children and young people. [Click here.](#)

BBC Bitesize Secondary Parents’ Survival Guide— Podcast on how to tackle lockdown emotions with Anna Freud Centre’s Dr Sheila Redfern. [Click here.](#)

Blog from the American Psychological Association – The serious business of play. [Click here](#)

Home Schooling Week 13– Reflections

Anna Miller

“Week 13 of lockdown and with lockdown restrictions beginning to ease, it seems like a good time for us as a family to reflect and consider what has gone well and less well for us during this time and which parts of our experience we might want to hold onto as things slowly move back to more ‘normal’ times.

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

TRUST

In response to the unprecedented closure of schools to most pupils, the EEF has produced a set of resources for parents to support effective home learning. These are all based on the evidence-based recommendations in the EEF’s guidance reports. For all resources and to find out more about talk/read with TRUST, [click here.](#)

Helping Home Learning Read with TRUST

Reading opportunities are everywhere. You can make anything a learning experience for your child, just follow the TRUST ideas to talk about anything your child enjoys reading.

- T** Take turns to talk about what you are going to read
- R** Recap the predictions as you are reading
- U** Use lots of encouragement
- S** Share what you know about the text
- T** Tune-in and be interested

The TRUST framework was adapted from ‘High Quality Interactions’ in the EEF’s guidance report [Classroom for Learning](#) (p.9)