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|  |  WELL-BEING NEWSLETTER| **July 2020** **PARENT CARER Issue 5** |  |
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|  |  | Welcome to the final issue of our ‘Work Hard; Be Kind; Well-being’ newsletter!We hope that you have enjoyed and found the newsletters helpful. We wish you all a great relaxing and safe summer, and look forward to seeing you all in September.* Listen to Firbeck’s latest video on the school website:

01. Keeping on top of your and your child’s ‘well-being’* Click the link to be redirected to tips for nurturing your child’s mental health:

<https://www.caringforkids.cps.ca/handouts/mental_health>Click the link to be redirected to tips that will ensure your mental health and well-being is looked-after: [**https://www.mhe-sme.org/covid-19/**](https://www.mhe-sme.org/covid-19/)02. Information, guidance and updatesGovernment response to COVID-19 – this includes the latest announcements and guidance/information/announcements to date <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response> Click here if you need to book a Covid-19 test:<https://www.nhs.uk/ask-for-a-coronavirus-test>03. SupportClick here for links to various mental health services:<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/>**Directory:*** The Samaritans offer emotional support 24 hours a day - in full confidence. Call 116 123 - it's **FREE** or email jo@samaritans.org.uk - <https://www.samaritans.org>
* <https://www.mind.org.uk/>
* <https://www.nhs.uk/>
* <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

04. Activities and resources* Support for parents with homeschooling:

<https://www.hellomagazine.com/healthandbeauty/mother-and-baby/2020032286679/educational-apps-websites-homeschooling-coronavirus/>A mountain of resources here:<https://literacytrust.org.uk/family-zone/>**5 simple activities to promote mindfulness with your children:**<https://www.mindfullittleminds.com/5-fun-and-easy-mindfulness-crafts-your-kids-will-love/>**05. ‘Here’s one I tried earlier’****Get your brain working by trying this quiz (answers at the bottom!):**<https://www.edinburghnews.scotsman.com/whats-on/arts-and-entertainment/25-funny-pub-quiz-questions-2020-hilarious-and-quirky-trivia-ask-your-virtual-quiz-plus-answers-2540427> An easier (more fun!) one for you: <https://www.cosmopolitan.com/uk/worklife/a32401351/best-easy-quiz-questions/> |  |
| 1. Keeping on top of your and your child’s ‘well-being’
2. Information, guidance and updates
3. Support
4. Activities and resources
5. ‘Here’s one I tried earlier’
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