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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 updates Government 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. Support Click 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](mailto: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’ |

