

Pastoral Newsletter May 2020

We are here to help...

Here at Fairway Primary Academy, we have an open-door policy and welcome anyone that forms part of our school community to reach out and discuss any worries or concerns they have around mental health and emotional wellbeing.

Remember...

If you're finding things hard emotionally right now, you're not alone. Coronavirus (COVID-19) is affecting all of our lives. Things are changing fast, and many of us are worrying about what it all means for ourselves and for our loved ones.

We have put together a newsletter offering some practical ideas to help you during this uncertain time. Take care and stay safe.

Meal Planning

Has your grocery spending spiralled out of control? Are your children ALWAYS hungry? Why not try a meal planner! Here are a few of the benefits of using a meal plan...

- *Saves Time and Money.*
- *Helps You Eat Healthier.*
- *Helps Reduce Food Waste.*
- *Helps Reduce Your Stress.*

Use the links below to find some practical advice

<https://www.netmums.com/life/budget-meal-planner>

<https://skintdad.co.uk/budget-meal-plan-25-7-days/>



Get outside—if you can

The importance of getting outside is incredibly important at this time. Try to leave the house and go for a walk every day. Remember to stay 2 meters (six feet) away from other people—as we city dwellers, and parents to small children, know this can take some manoeuvring, but it's possible.

And there are some very good reasons to do so. Spending time in nature is a boost to both mental and physical health. Multiple studies have found that time in outside spaces is associated with reduced anxiety and depression.

SEND Information.

We understand that children who have Special Education Needs may struggle more than most with the changes of the last few weeks. Below there is a list of information websites, tips and resources to help you support your child with their additional needs, learning and self-esteem. Everyone has strengths and weaknesses and these SEND strategies will be beneficial to many children, whether or not they have a diagnosis.

ADHD – Attention Deficit Hyperactivity Disorder

Here are a few ideas to help...

- Offer routines and structure.
- Create a quiet space for them to learn with no distractions.
- Give them something to fiddle with whilst you are talking to them or you want them to focus. It can also be helpful to let them move around whilst they listen.
- Ask them to do one task at a time.
- checklists or visual timetables to support organisation.
- Use timers to help with time management and build in frequent movement breaks.
- Suggest rather than criticise (children with ADHD often have low self esteem)
- Provide lots of opportunities for exercise and movement.
- Set up a reward scheme to encourage them and support them with their behaviour.
- Build on success and help children to pursue more of what they enjoy.
- Put clear boundaries in place.

<https://www.adhdfoundation.org.uk/information/parents/>

General Info on ADHD - <http://www.adders.org/info170.htm>

Self-esteem - <http://www.adders.org/info79.htm>

Managing ADHD - <http://www.adders.org/info58.htm>



ASD – Autistic Spectrum Disorder

Children with Autism need structure and routine. You can help them by ...

- Using visual timetables to help them see what is happening at each step of the day (simple drawings will do). This may relieve some of their anxiety.
- You might want to set a specific place for them to do any work or tasks. Try to keep this clutter free to avoid over stimulation.
- Prepare them for changes in daily routine.
- Help your children to recognise and name different emotions and feelings. You can do this by discussing their own emotions, how characters in books and on TV programmes might be feeling and how you yourselves might be feeling. Alongside naming the emotion, describe it and explain why you, they or fictional characters might be feeling like that.
- Use social stories and comic strip cartoons to help children understand different situations and perspectives and address inappropriate behaviour.
- Be aware of your child's sensory needs and support them in managing that need to help them learn e.g. sound reducing earphones if noise is a problem, comfortable clothes, keep the area surrounding the work space clear to avoid over-stimulation etc.
- Play lots of games with your child to encourage social skills, such as taking turns and winning and losing.

<https://www.autism.org.uk/>

<https://www.autism.org.uk/about/family-life/parents-carers.aspx>



Speech and Language

Speech sounds

Model speech to the children by repeating words back to them correctly.

Understanding

Give children time to process what you have asked and respond. Use simple language and break instructions down into smaller steps. Encourage children to answer questions, such as who, what, where, when and why? When reading their books. Encourage them to tell you the story in their own words.

Expression

Talk about all your experiences in detail, teaching new vocabulary all the time. Discuss vocabulary in books, making sure the children understand the meaning of tricky words.

Social Communication

Play lots of games with your child to encourage social skills, such as taking turns and winning and losing. Use a visual timetable and visual aids to provide structure and routines.

<https://www.tamesidehospital.nhs.uk/our-services/community-services/speechandtherapy.htm>

<https://www.thecommunicationtrust.org.uk>

www.speechandlanguage.info/parents

Useful Websites

Staying Safe

<http://stayingsafe.net/>

SANE

0845 767 800

Email: sanemail@org.uk

www.sane.org.uk

Samaritans

116 123 (24 hour helpline)

www.samaritans.org.uk

Rethink Mental Illness

0300 5000 927

www.rethink.org

Mental Health Foundation

www.mentalhealth.org.uk

MIND

0300 123 3393 or text 86463

www.mind.org.uk

