



Wellbeing Newsletter March 2021



As we look to welcome all children back into school on the 8th March, we are making lots of plans to ensure it goes as smoothly as it can. We also need to remember, as parents, carers and staff, to be kind to ourselves and look after our own emotional and physical health. In preparation we have put together this newsletter to share with you ways we will be supporting your children and some handy hints for home.



In school will be following the **S.W.A.N** framework when the children return.

S.W.A.N stands for:

S = SAFE That all children and families feel safe returning to school and are happy with our procedures.

W = WELCOME That all children and families feel welcomed when returning to school.

A = ALL TOGETHER For teachers to work together with families and children to help the transition be smooth and all to feel involved.

N = NURTURE for children to feel loved and safe in school and know that we are there for them.

Be the SWAN
Safe
Welcoming
All together
Nurturing




With thanks and credit to Dr. Pooky Knightsmith of Creative Education.


To help get back into the routine of school, here are some top tips

The night before school plan.....
Soothe - Do some calming activities before bed, gentle music and soft lighting can help.
Understand - Let them know you understand their feelings about returning to school and reassure them they will be safe and have a lovely time.
Neutralise - Talk through each worry in turn and help find a solution.
Decide - On a plan, work out a schedule, pack their bags, get uniform ready. Seeing these visually can help take away any worries.
Attend - give them a little more time tonight, they need nurturing.
Yourself - Its only natural that you will feel anxious, this is okay, try not to let it overwhelm you and engage in some relaxation yourself once they are tucked up in bed.

School morning plan.....

Manage - Yourself first, you need to make sure you're feeling calm.
Organise - Get up a little earlier, get breakfast ready, put the bags by the door, this will give you more time to be with your child.
Decide - Make a plan with the child. Talk through how you're getting to school, what will happen when you get there.
Accept - The child's emotional state and give them reassurance that they will be safe. Keep yourself calm.
Remind - Your child that they will have a great time and that you can't wait to hear about their day when you pick them up later.

While most children will be happy to return to school, we are expecting some to be upset, please don't worry and be reassured they will settle.




EMOTIONAL WELLBEING SUPPORT FOR CHILDREN & YOUNG PEOPLE UNDER 25

Beem

We are a friendly team made up of Therapists, Youth Workers & Wellbeing Volunteers.

Our aim is to give advice, support and support with any concerns relating to mental and emotional wellbeing.

Let's speak a little more about the difference.



BEAM are a Telford and Wrekin service that offers emotional well being support for children under 25. They are still able to offer phone support and can offer practical advice and strategies if you have any worries about your child's mental health.

You can contact them via email on AskBeam@childrenssociety.org.uk They also have a Facebook page full of information you might find useful.

Due to restrictions still in place, it won't be possible, for you to talk to your child's teacher face to face. Please be reassured that all teachers are available to contact via email for support and advice. If you are unsure of your class teachers direct email please contact the school office via email on

Lawley.primary@taw.org.uk
or call
01952 388410



Thank you



Polite reminder
The rule of 6 and the 2 metre social distance rule apply outside the school gates. We all need to do our bit to stay safe.
Thank you!



LAWLEY TEACHERS CHECKLIST.....

1. Keep them safe.
2. Lower their anxiety about the situation.
3. Make them laugh.
4. Make them feel loved.
5. Teach them something.

All in that order