

WELLBEING AT WOOTTON PARK

At Wootton Park we believe...

“Wellbeing...

*is a powerful tool to **grow** our own capabilities, independence, resilience and realise our own richest potential.”*

Wootton Park Safeguarding

Designated Safeguarding Lead: Mrs Jane Page
Wellbeing Lead Teacher: Mrs Hayley Chambers
SENCo: Mrs Claire Woodbridge

At Wootton Park, we are committed to helping ensure our learners are safe and supported in their wellbeing both at school and during the difficult time we are now facing.

Our safeguarding team can still be contacted with any concerns on safeguarding@woottonparkschool.org.uk and we encourage learners to stay in contact with class teachers and form tutors when they have worries or queries about work set for completion at home.

We understand that some of our learners will be worried and anxious about the unknown situation ahead of us. In this newsletter we hope to outline some of the wellbeing and mindfulness activities they can engage with whilst at home, and to provide some advice to parents or carers who might have their own worries at this time. We have included information about money advice, food bank and support services, and apps that anyone can use.

Wellbeing

Wellbeing is about positive mental and physical health and fitness. There are lots of things you can do to help keep this up over the closure period. Miss Grady, Mrs Wild & Mrs Chambers recommend:

Free Apps

- FitMind
- Mindshift
- Smiling Mind
- What's Up
- Mindful Gnats

These will all help young people if they are feeling anxious or struggling during this time

YouTube & Keeping Active

www.youtube.com/user/thebodycoach1

The Body Coach - is adding home PE lessons starting from 9am on Monday – follow him on YouTube

Cosmic Yoga – why not tune in and have a good stretch along with the young people, as they keep fit and healthy? Follow

www.youtube.com/user/CosmicKidsYoga

Money Advice

During this somewhat unprecedented time, people may be experiencing some concerns with money. Below are contact details for a number of agencies who may be able to advise.

www.nationaldebtadvisory.co.uk – Free advice 0161 359 5528

Advice on tackling debt, rights and budgeting

<https://www.communitylawservice.org.uk/> - 01604 621 038

Advice on legal rights, evictions, landlord issues

<https://www.anglianwater.co.uk/help-and-advice/extra-support/>

Details for anyone struggling to pay water bill

<https://www.moneyadviceservice.org.uk/en> - 0800 138 7777

National Money Advice Service – budget calculators, live chat and referrals

<https://www.nationaldebtline.org/>

National advice – including for Business owners – and specific advice linked to Coronavirus issues

<https://www.turn2us.org.uk/>

Advice on accessing funding for self-employed, access to benefits etc.

<https://capuk.org/> - Christians Against Poverty

Advice on applying for jobs, courses, life skills and money management

<http://www.cencab.org.uk/> - Citizens Advice Bureau – 03444 111 444

0800 144 8444 – Universal Credit Helpline

Advice on legal rights, benefits entitlement, claims etc.

<https://www.svp.org.uk/request-help> - St Vincent de Paul

Practical help and advice, support with purchases, fuel, emergency food shops/food provision etc.

<https://www.which.co.uk/news/coronavirus/>

Advice specific to measures being put in place over COVID-19, being updated daily, including advice from mortgage providers, banks and building societies.

Specific advice linked to coronavirus in Northants:

Follow *“Northampton Covid-19 Mutual Aid”* on **Facebook** – which gives advice and updates specific to Northampton – including area specific help – Duston, Kingsthorpe, Hunsbury etc.

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“We **strive** to ... **solve our own problems**, **generate our own opportunities** and **equip ourselves** to **thrive** in our future.”



Other ideas you can do to keep mind-fit!

- ✓ Do some cooking or baking
- ✓ Go for a walk, run or jog
- ✓ Do a sketch of something in nature
- ✓ Try weaving, knitting, sewing or other art and craft
- ✓ Listen to favourite music
- ✓ Listen to a new genre of music
- ✓ Plant some seeds, bulbs or new plants
- ✓ Try some of the breathing activities we've done in school
- ✓ Do something nice for someone else – perhaps go shopping for a neighbour, call an elderly relative or donate some items to a foodbank
- ✓ Read a story or poem out loud or to someone else
- ✓ Sing – a well-known song, a pop song or a hymn!
- ✓ Play a board game
- ✓ Do a quiz, puzzle, crossword or wordsearch
- ✓ Make a quiz, puzzle or wordsearch for someone else
- ✓ Make a paper aeroplane, blow bubbles!
- ✓ Colour in a pattern – search 'mandala' online
- ✓ Dance!
- ✓ Play 'hide and seek'
- ✓ Read a book
- ✓ Watch a film

Help & advice for parents

We understand at this time it is difficult for you to understand what is going on let alone help your young person with their education, however, school is here to help and as Mr Rosser has stated, teachers will be providing good quality work for learners to access at home.

It is a good idea to **stick to a routine** – this will help calm anxieties, and make everything as normal as possible – and will help the transition back when everything does calm down. Try to wake up at normal time, and stick to the normal routine before starting school work. Having a clear bed time and regular breaks in learning time is also important, and will help avoid arguments as this period goes on.

In addition to what teachers are setting on ShowMyHomework, for extra support and activities you can access: <https://www.homeschooling-ideas.com/>: here are many different resources for all age groups and abilities to help keep their brains working! You can also sign up for free access to www.twinkl.co.uk who have learning resources for parents from Primary onwards.

...and MY headspace? - *There are calming apps and good relaxation skills you can learn too!*

Headspace is a free app that will help you regain your thoughts and bring any stressed feelings down.

Breath is also a free app that helps with calm breathing and meditation

Make sure you also take a break!

It is good to have a cup of tea and read the latest news/Facebook stories. So do not be worried or feel guilty about taking a break from your young person it is better to work with them than against them! **Do e-mail in to your child's teachers if you feel we can help** – we're all available when school is normally open.

Mental Health Advice

Free helplines and services for all

- ⇒ **Childline** – 0800 1111 <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>
You can also access a 1-2-1 counsellor online through Childline here:
- ⇒ **Samaritans** – 116 123
- ⇒ **The Lowdown** – 01604 634385. thelowdown.info *Free and confidential counselling for teens in Northampton*
- ⇒ **Chat Health** – 07507329600
- ⇒ **Ask Norman** - <https://www.asknormen.co.uk/talk-out-loud/>
- ⇒ **CAMHS Live** - www.nhft.nhs.uk/camhs-live *Online chat service run by trained CAMHS workers*
- ⇒ **Time to change** - <https://www.time-to-change.org.uk/>
- ⇒ **Young Minds** – www.youngminds.org.uk, <https://youngminds.org.uk/?gclid=C1WQsvebkc8CFasK0wodJEgO8w>
Great website full of useful resources and tips.
- ⇒ **Parents Helpline:** 0808 802 5544
- ⇒ **Young Northants** - <https://www3.northamptonshire.gov.uk/councilservices/children-families-education/young-northants/Pages/default.aspx>. 0300 126 1000
- ⇒ **NCC** – *Support for mental Health, Virtual school* - 0300 126 1000
- ⇒ **MindEd** - <https://www.minded.org.uk/>
It provides simple, clear guidance on mental health to adults who work with children and young people, to help them support the development of young minds

Practical Support in Northampton

Food banks:

www.restorenorthampton.org.uk

Open Tues and Thurs 10am-12noon
42 Sheep Street, NN1 2NE

www.westonfaveilcentre.foodbank.org.uk

Open Mon 1.30pm – 3.30pm and Weds 10am – 1pm
Emmanuel Church

Other support:

Practical Support – genuine need/emergency fuel top ups/food purchases/general goods etc. can be requested from your local SVP Conference – your local conference (Northampton Cathedral) can be contacted by using 'request help' at National Office <https://www.svp.org.uk/request-help-or-calling-07515171104>

Practical support – need for essential furniture, appliances etc can be requested for a nominal fee, from Spencer Contact www.spencercontact.com 01604 587589

Domestic Abuse – any concerns, emergency response and refuge – contact The Eve Centre www.eveda.org.uk (formerly Nene Valley Refuge) 01604 230 311