



King George V Primary School

Remote Learning Health and Mental Wellbeing Support Guide



Introduction:

Mental Health and wellbeing is everyone's business, with genuine engagement across our entire community: staff, students, governors, parents and external services. At KGV, we work tirelessly to ensure that all of our students receive the support that they need to achieve their full potential. Positive mental health and high levels of emotional wellbeing are essential to this.

One of the values which is important to us is compassion. By compassion we mean that everyone is willing to support, feels supported and puts mental well-being at the heart of all we do, even when you are working from home on your remote learning.

At KGV, we want all children to know and understand that mental ill health is a part of life in just the same way as physical ill health, that it's OK to talk about and it's OK to ask for help. Our aim is to create a mentally healthy, supportive environment online and in our school; with a culture where talking about feelings is the norm, and stigma associated with mental health is reduced.

We are determined to create a future where we all know how to look after our own mental wellbeing, so preventable issues don't arise in the first place. A future where every child has access to support if they need it.

Routine is very important for our mental health and mental wellbeing; therefore, we would encourage you to maintain a daily routine which balances remote learning and other activities to ensure that you are maintaining your well-being. We want to reassure you that we are here to support you. Send staff a message via ClassDojo or telephone the school office on 0121 553 0060. If you reach out, we will help in whatever way that we can.



Daily Routines:

Having a reason to get ourselves up in the morning is important to our health and mental wellbeing. Each morning before 9am, your class teacher will post a morning check-in message or video on ClassStory which we encourage you to respond to so that you can communicate with your class teacher and friends in your class.

Each day follows your usual class timetable which is shared on ClassStory on a Monday before 9am. Each day, daily remote learning overviews will be uploaded to ClassStory, outlining your lessons for the day.

Alongside the remote learning which is set, it is important each day to consider activities that will help you to feel happy, connected and give you a sense of achievement – here are a few suggestions:

Listen - to your favourite songs or select an audio book

Be mindful - meditate, read, try some yoga, take a relaxing bath, write a list of things that you are grateful for, try a random act of kindness

Get watching - watch your favourite show on Netflix, watch a film

Get active – try an online exercise class – such as Joe Wickes, a home dance workout, help around the house

Get creative - take some photos, draw or paint, colour in, cook something new, learn a new skill

Stay connected Contact your friends, talk to your family, if you have any questions during the school day then send a message to your teachers or comment on your work – we are all here to help and support you.



Periods of isolation can be frustrating and can give you a lot of time to dwell on things, which may impact on your health and mental wellbeing – this is why a daily routine is so important.

Be sure to take time for self- care:

- Have a daily routine – so you are up ready for your daily morning check-in and lessons which begin at 9am
- Shower/bath daily
- Wash your hair
- Get dressed
- Eat well balanced meals
- Sleep well

Try to limit:

- Your TV/internet/gaming time – screen time
- Late nights



□ Healthy Mind Platter

This model for a healthy mind focusses on the seven daily activities that make up the full set of “mental nutrients” that your brain and relationships need to function at their best.



Focus Time

When we closely focus on tasks in a goal-oriented way, taking on challenges that make deep connections in the brain.



Play Time

When we allow ourselves to be spontaneous or creative, playfully enjoying random or new experiences, which helps make new connections in the brain.



Connecting Time

When we connect with other people, ideally in person, or take time to appreciate our connection to the world around us, richly activating the brain's relational circuit.



Physical Time

When we actively move our bodies and carry out exercise. This helps to strengthen the brain in many ways.



Time In

When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, helping to better integrate the brain and being mindful



Down Time

When we are non-focused, without any specific goal, and let our mind wander or simply relax, which helps our brain recharge.



Sleep Time

When we give the brain the rest it needs to consolidate learning and recover from the experiences of the day.

Sleep:

Sleep is food for the brain. Good sleep is essential to our well-being and keeps our energy and mood levels up.

The perfect night's sleep starts long before you go to bed – stick to this routine and it will help you get a great night's sleep

6 hours before bed – stop drinking sugary drinks and caffeine



Finish eating dinner 2-3 hours before bed



Finish exercising 2 hours before bed



1 hour before bed – switch off electronics



1 hour before bed – stop studying



Tips for good sleep:

CONSISTENCY: Keep a relatively consistent bedtime and wake time. Staying up late and sleeping in on weekends can disrupt your routine during the week.

LIGHT: Keep the bedroom dark, if you can, it's easier now the nights are so dark, but this tells the body's light-sensitive clock that it's time to sleep.

NOISE: Keep the bedroom quiet, for example turn off music.

UNPLUG: Shut off all electronics at least an hour before you go to sleep.

TEMPERATURE: Keep a slightly cooler temperature in the room, between 18-22 C is perfect...

FULLNESS: Eating a dinner that makes you overly full can disturb sleep.

THOUGHTS: Write them all down before you go to bed so you have a clear mind.

Exercise, Relaxation, Mindfulness and Meditation:

Be active – find an activity that you can enjoy at home and make it a part of your routine. A home exercise routine, dancing, an online workout or exercise online with friends. Your teachers will set you PE activities to do to keep you active, or you can join things online like Joe Wicks!



Finding time to relax and have some 'down time' is essential after daily home learning, as without it we can all become stressed and anxious. Coping with stress and anxiety is not always easy, especially as we sometimes let feelings overwhelm us, so self-care is even more important at these times for our emotional and physical wellbeing.

Sometimes we just need to take time to breathe... yes, breathe.

Simple breathing exercises are really helpful at times of heightened anxiety and are quick and easy to complete. Follow the instructions below:

Find a relaxed position and breathe in in through your nose – count 1,2,3,4,5

1. Hold for a second then breathe out through your mouth slowly - count 1,2,3,4, 5
2. Repeat this for 3 – 5 minutes until you start to feel your body relax
3. If your mind starts to wander, bring your attention back to your breathing.



Mindfulness activities are those that are absolutely free from any other distraction to the mind. It is a way of helping to reduce stress and anxiety through contemplation and reflection.

Meditation works on the principle that the mind is the key to your overall health. You can ensure your overall well-being by maintaining your mind in a state of control.

There are many physical and mental benefits of mindfulness and meditation including reduced anxiety, improvement in mood, increased energy levels and happiness.

There are many mindfulness/meditation exercises that can be downloaded from YouTube, here are a few to get you started.

<https://www.youtube.com/watch?v=8PcQGzJtZAO>

<https://www.youtube.com/watch?v=evJHBLldMsE>

<https://www.youtube.com/watch?v=ZMEOJKiweL4>

<https://youtu.be/4nJYJ-QcABs>

Healthy Eating:

These practical tips cover the basics of healthy eating and can help you make healthier choices.

1. Eat higher fibre starchy carbohydrates

Starchy carbohydrates should make up just over a third of the food you eat. They include potatoes, bread, rice, pasta and cereals.

2. Eat lots of fruit and veg

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day.

3. Eat more fish

Fish is a good source of protein and contains many vitamins and minerals.

Aim to eat at least 2 portions of fish a week, including at least 1 portion of oily fish.

4. Cut down on saturated fat and sugar

You need some fat in your diet, but it's important to pay attention to the amount and type of fat you're eating.

There are 2 main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease.

Saturated fat is found in many foods, such as:

- sausages
- butter
- hard cheese
- cakes

Sugar

Sugary foods and drinks are often high in energy and if consumed too often, can contribute to weight gain. They can also cause tooth decay, especially if eaten between meals. Free sugars are any sugars added to foods or drinks, or found naturally in honey, syrups and unsweetened fruit juices and smooth

This is the type of sugar you should be cutting down on, rather than the sugar found in fruit and milk.

Many packaged foods and drinks contain surprisingly high amounts of free sugars. Free sugars are found in many foods, such as:

- sugary fizzy drinks
- breakfast cereals
- cakes and biscuits
- sweets and chocolate

5. Do not skip breakfast

Some people skip breakfast because they think it'll help them lose weight.

But a healthy breakfast high in fibre and low in fat, sugar and salt can form part of a balanced diet, and can help you get the nutrients you need for good health and set you up for a day of remote learning.



Useful External Contacts:

10 ACTIVITIES TO DO AT HOME THAT CAN BOOST YOUR MENTAL HEALTH DURING A WINTER LOCKDOWN



DEEP BREATHING



- Engaging in breathing techniques can be a useful way for calming your body as well as your mind

MINDFUL COLOURING



- A mindful colouring book can be a great tool for re focusing on the present moment and reducing stress and worry

3 GOOD THINGS



- Writing down 3 good things you have achieved from the day before bed can help you tap into positive emotions and remind you of the things you are good at

SELF SOOTHE BOX



- A self soothe box includes items that connect to all your senses and helps calm you during times of distress. E.g. smell - a scented candle, sight - a picture that evokes a positive memory

THOUGHT DIARY



- Writing down thoughts in a diary is a useful exercise for understanding what you are feeling and thinking. It is also a useful tool for recognising triggers and learning ways to cope better with them

VISUALISATION



- Closing your eyes for a couple of minutes and imagining yourself in a calm and relaxing place can be a great way to boost confidence and reduce anxiety

ACTIVITY PLANNER



- An activity planner is a useful way for organising your week and making sure you are scheduling activities that connect you with others and provide you with a sense of pleasure and achievement

EXERCISE



- Whether it is high intensity training, stretching or engaging in yoga, exercise is a great way to boost mood and reduce stress and anxiety

WELLNESS ACTION PLAN



- A wellness action plan is a tool that helps you come up with practical ways to cope with stress and be proactive with your mental fitness

LEARN SOMETHING NEW



- Be creative and challenge yourself to learn something new

[Barnardo's](#) - See, Hear, Respond service, provides support to children, young people and their families who need support with the emotional impacts of coronavirus (COVID-19) or Freephone 0800 151 7015.

[Bereavement UK](#) and the [Childhood Bereavement Network](#), provide information and resources to support bereaved pupils, schools and staff.

[Camhsbestie](#) - BESTIE is an interactive online platform, designed to help young people to find out more about emotional wellbeing and mental health.

[Childline](#) for free support and advice on anything that is concerning you.

[Childline contacts](#) to speak to/message or e-mail a counsellor about what's happening and how you're feeling or call 0800 1111.

[Early Help for Children and Families South Bromsgrove High An Annex for Early Help COVID 19](#) There may be times when you need extra help and support. If this is the case, please talk to us. There are many ways our school can help and support you and your family as outlined in this offer of early help.

[Every Mind Matters](#) - which includes an online tool and email journey to support everyone to feel more confident in taking action to look after their mental health and wellbeing.

[Mental Health Foundation](#) providing information on different ways to get help for your mental health and how to access this support.

<https://www.kooth.com/> Free, same, anonymous online counselling

[Mind](#) providing advice and support to empower anyone experiencing a mental health problem.

<https://www.moodjuice.scot.nhs.uk/mildmoderate/entry.asp> Mood Juice - a self-help guide to well-being for emotional problems

[NHS helplines](#) A-Z of helplines recommended by the NHS to get expert mental health advice.

[NHS \(urgent help\)](#) find your local NHS urgent mental health helpline (England only) for 24-hour advice and support.

<https://www.papyrus-uk.org/> Online counselling for suicide prevention and self-harm [Samaritans](#) provides confidential, non-judgemental emotional support for people experiencing feelings of distress. You can phone (116 123) or email (jo@samaritans.org). Available 24 hours, 365 days of the year.

[Shout](#) a 24/7 text service if you're struggling to cope and you need immediate help.

[The Mix](#) provides information and support to young people aged 13-25 on a range of issues including mental health problems. You can access the support via phone (0808 808 4994 11am- 11pm, free to call), email, webchat, peer to peer and counselling services.

[Young minds](#) useful advice and resources to support young people's mental health and wellbeing.

[Young Minds urgent help](#) If you require immediate help you can access Young Minds 247 helpline.

[Rethink mental illness](#) Provide expert advice and information to people experiencing mental health problems.