



# Inclusion Newsletter

## Spring term update

I hope you are all keeping well in these difficult times. Parents and carers— you are doing an amazing job and it may not feel like it at times, but you are! Keep going!

With children spending more time on devices to complete school work, I have included a couple of reminders for children and parents helping us all to stay safe on social media.

Leechpool Primary School

Spring Term 1

January 2021



### 8 Tips for staying safe on social media?

- 1 Check your privacy settings**  
Who can see you? Or contact you?
- 2 Curate your feed**  
Follow who and what makes you happy!
- 3 Keep it personal**  
Think who? and what? can people see about you!
- 4 Limit your tech time**  
Take some time away from your phone each day to relax and unwind

- 5 Create strong passwords**  
Use different ones for all accounts. Could anyone guess any of yours?

- 6 Is this real?**  
People often share the best parts of their life and not their struggles. Be careful of comparisons and their affect on you

- 7 Know when and where to seek help**  
You can block, report and speak to parents and carers about content

- 8 Check out On My Mind**  
90+ self-care strategies to support your mental health and wellbeing.



Please also see below the information for details of how to access the **School Nurses** during lockdown.

I know that lots of families are using **mindfulness** for themselves as well for their children, so I have added some helpful hints below.

Please remember that you can phone or email the School Office between 9am and 3pm to leave a message for a member of staff and we will get back to you as soon as we can. Please look after yourselves and stay safe.

*Emma Payne*

**ChatHealth** **NHS**

**ChatHealth Messaging Service**

Text your school nurse

During these unsettling times, as a parent of child aged between 5-19 years old you may be worried about your child's health and wellbeing and be unsure about how to get the help you need. Our school nurses are still here to help - you can text them for confidential advice and support on a wide range of issues.

Parent/carers of a child aged 5-19 can send a text to:  
07480 635424

We can help with all kinds of things like:

- Behaviour
- Continence
- Emotional health
- Self-harm
- Bullying
- Minor accidents and illnesses

Your ChatHealth messaging service is run by the Healthy Child Programme 5-19 School Nursing Service and is available from 0900 am to 4.30 pm Monday –Friday (excluding Bank Holidays).

We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact your GP, NHS 111 or dial 999 if it is an emergency.

## AMY SALTZMAN'S MINDFULNESS FOR KIDS

WWW.STILLQUIETPLACE.COM

**S** IS FOR STOP... WHEN YOU ARE FACED WITH A DIFFICULTY, STOP

**T** IS FOR TAKE A BREATH... USUALLY TAKING A FEW SLOW DEEP BREATHS RELAXES THE MIND.

**A** IS FOR ACCEPT... ACCEPT THAT YOU'RE HAVING DIFFICULTY

**R** IS FOR RESTART... WHEN YOU ARE READY YOU CAN TRY AGAIN OR MOVE ON TO SOMETHING ELSE

Ages 8-11

MINDFULNESS IS PAYING ATTENTION HERE AND NOW, WITH KINDNESS AND CURIOSITY, AND THEN CHOOSING YOUR BEHAVIOR.  
AMY SALTZMAN

**A** IS FOR ATTENTION... SOMETIMES IT HELPS TO STOP AND PAY ATTENTION TO OUR BREATH

**B** IS FOR BREATH... USUALLY WHEN WE PAY ATTENTION TO OUR BREATH IT IS EASIER TO FEEL CALM

**C** IS FOR CHOOSE... WE CAN MAKE A CHOICE THAT IS KIND FOR US AND KIND TO OTHERS

Ages 5-7

**P** IS FOR PAUSE... PAUSE WHEN YOU REALIZE THAT THINGS ARE DIFFICULT

**E** IS FOR EXHALE... KEEP BREATHING SLOW, DEEP BREATHS

**A** IS FOR ACCEPT... ACCEPT THAT THE SITUATION IS WHAT IT IS

**C** IS FOR CHOOSE... MAKE A CHOICE THAT IS KIND TO YOURSELF AND KIND TO OTHERS

**E** IS FOR ENGAGE... WHEN YOU ARE READY ENGAGE WITH THE SITUATION & PEOPLE INVOLVED

Ages 12-18

