

3rd April 2020

Our reference: SM/CB**

Dear Families,

Please find attached this week's well being letter, which gives you tips, guidance and information to keep yourself well during this difficult time. In addition, there are guidance tips from the NHS about: Staying well at home, Tips for parents with children with neurodevelopmental needs, Tips about talking to young people and children about Covid 19 and Top tips from the National Autistic Society.

Keep safe and kind regards,

S Morris

Ms S Morris
Student Wellbeing Coordinator



RAYNES

PARK HIGH SCHOOL

Wellbeing Letter 3rd April 2020



Dear Families,

Please see attached this week's tips, guidance and information to keep yourself well during this difficult time. Please also see attached guidance from the NHS about:

Staying well at home

Top Tips for parents of children with neurodevelopmental needs

Top Tips for talking about Covid-19 with children and young people

National Autistic Society's Top Tips for Families

Kind Regards

Miss Morris

Student Wellbeing Coordinator



This week's top tips for wellbeing Routine & Self Care



We are all very used to our routine of going to school Monday to Friday. Getting up, putting on school uniform and making the journey to school. Once at school the bells ring at the same time every day and we follow a timetable for our lessons. We are very used to a routine.

Now that we are learning from home, it is important to create a new routine for the days when we would be school. Without this it would be easy to get up late every day and stay in our pyjamas, but this is not great for our mental or physical health and wellbeing.

Monday-Friday

Get up early, wash, dress, clean teeth, do hair, eat breakfast.



Do some house chores! This will give you a break from the screen, give you some physical exercise and help to reduce stress and tension for the whole family. Ask what you can do to help?

Look at Show My Homework and plan the day. Which lessons do you have, what learning have you been set. Think about the order to complete in to ensure you get breaks from the screen and ensure all family member computer needs are met.



Remember to include rest breaks and lunch break into your plan! Build your social media time into your plan but switch your phone off whilst completing schoolwork. Reward yourself once you have completed your work.

Include exercise in your daily routine

Take part in PE with Joe
Follow us on Twitter @RPHSPE
Join in with RPHS Fitness Friday activities through our YouTube account RPHS Educate & Motivate



30 DAILY TASKS 30 actions to do to keep yourself occupied for the next 30 days.

<u>Day 1</u> Leave a Happy note for someone else to find in your house.	<u>Day 2</u> Make a card for someone's birthday/celebration coming up	<u>Day 3</u> Call a relative or friend who is far away and have a chat with them.	<u>Day 4</u> Go out into your garden or local park and focus on natures beauty.	<u>Day 5</u> Make a cup of tea for someone and sit for 5 minutes and have a chat.	<u>Day 6</u> Visit the MindMate website and explore the resources.
<u>Day 7</u> Visit a virtual museum! Go online and explore the collections online.	<u>Day 8</u> Get in contact with a local care home and arrange to send a letter to one of the residents.	<u>Day 9</u> Turn your devices off and enjoy spending some time with a sibling or parent/carer.	<u>Day 10</u> Use your phone or camera to take 5 pictures of objects in your garden or home.	<u>Day 11</u> Say something positive to everyone in your household today.	<u>Day 12</u> Do something helpful for a friend or family member today.
<u>Day 13</u> Do a chore in the house without being asked to do it.	<u>Day 14</u> Send a positive text to all your friends.	<u>Day 15</u> Listen to your favourite song and dance around the room.	<u>Day 16</u> Stay off social media today and keep yourself occupied.	<u>Day 17</u> Take a selfie and note down 5 things you like.	<u>Day 18</u> Play a game that you haven't played in a while.
<u>Day 19</u> Hoover the stairs or a room in your house.	<u>Day 20</u> Go to your local park and play on the swings.	<u>Day 21</u> Bake some buns and sit and enjoy one in the garden.	<u>Day 22</u> Sit down in a silent room and focus on your breathing for 5 minutes.	<u>Day 23</u> Call a relative and have a chat with them.	<u>Day 24</u> Find a workout video online and do it.
<u>Day 25</u> Write a blog about something you enjoy doing.	<u>Day 26</u> Use the internet to research easy to do crafts and try one at home.	<u>Day 27</u> Watch a film with a family member and make sure you turn your phones off.	<u>Day 28</u> Make sure you get 8 hours sleep tonight. Note how you feel the next day.	<u>Day 29</u> Draw a picture of what you see in your garden or out of your window.	<u>Day 30</u> Write down 5 things you are thankful for in your life.



Staff Messages



Healthy Body, Healthy Mind!

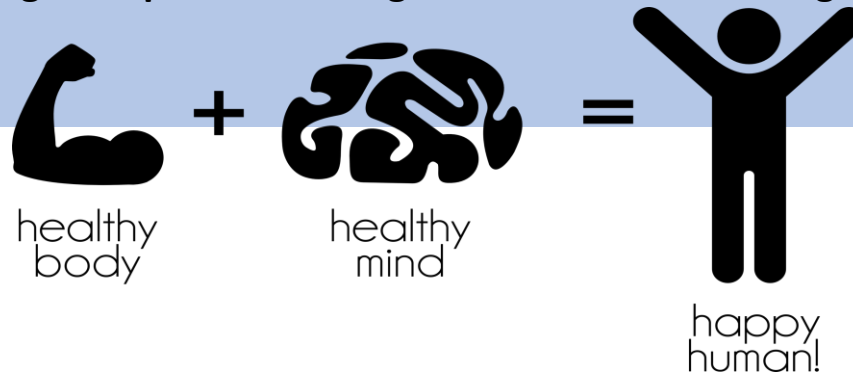
In these difficult times, it is never more important to keep up a daily routine which incorporates any form of physical exercise. We all know the physical benefits of exercise such as maintaining a healthy weight, but studies have shown that regular exercise is very effective in reducing fatigue, improving alertness and concentration, and at enhancing overall cognitive function.

Scientists have found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem. About seven minutes of aerobic exercise can begin to stimulate anti-anxiety effects.

By engaging the body with exercise, we will enhance our mental health and reduce issues associated with spending large periods of time in isolation. Furthermore, the boost of cognitive function will help our brains stay sharp – very important with all that work to do on Show My Homework!

Follow us on Twitter @RPHSPE to receive regular updates relating to health and wellbeing.

Mr. Wilson-Boyle and the PE Team





Duty / Crisis line for Young People, Families and Professionals

During Covid 19 CAMHS have reduced face to face contact to a minimum. However, we are still here to provide support and will often do this by phone or using video.

In a crisis young people/ Families/Carers in crisis are encouraged to access support by phone

Local borough CAMHS/ SPA

Mon – Fri: 9am – 5pm

Merton SPA – 0800 292 2505

Merton T3– 0208 254 8061

Sutton SPA /T3 : 020 3513 3800

Wandsworth SPA – 0203 513 6631

Wandsworth T3: 020 3513 4644

Richmond T3 - 020 3513 3238

Kingston T3 - 020 3513 5183



South West London and
St George's Mental Health
NHS Trust

Please contact school first to see which CAMHS service would be most suitable

**South London Mental Health and Community Partnership (SLP)
Crisis Line**

Mon – Fri: 5pm – 10.00 pm Weekends: 9am – 9.00 pm

0203 228 5980

SWLSTG Mental Health Support Line:

**Mon – Fri: 10.00 pm – 9am
Weekends B/H: 9.00 pm – 9am**

0800 028 8000

Other numbers:

Child line 0800 1111 – calls are free and confidential

HOPE line UK 0800 068 4141

Samaritans 116 123

Young Minds Crisis Messenger - provides free, 24/7 crisis support across the UK mental health crisis - If you need urgent help text YM to 85258

If you need urgent/ life threatening medical attention' call 999 or attend your local A&E