

Children and Young People's Newsletter



Welcome to our March Newsletter. This month we are going to share with you some tips around change and how to prepare for it. Hopefully it's going to be useful in the current situation.

Schools reopening

The last two months have been challenging for us all. Remote learning can be tricky and not seeing our school friends and teachers can be really isolating.

With the new announcement that all schools are going to reopen on the 8th of March, it can be very exciting for some and perhaps quite anxiety provoking for others.



There are many reasons why you might feel uneasy about returning to school, but do remember that you're not the only one in this situation and that the school staff will support you through this and keep you safe. Before you go back to school it's worth to think about how you can make this transition less overwhelming:

1. Adjust your sleep routine

It might be that you got used to going to bed late and getting up later than usual in the morning when learning from home, so it's worth to think about adjusting your routine. Try to have at least an hour before bed to wind down and do something relaxing – read a book, have a bath or listen to calm music. It's worth to switch off your devices earlier and be in bed around an hour before you want to be asleep. So if you want to be asleep by 10:30pm, go to bed at 9:30pm. This will allow you to have a restful night and make it easier to get up earlier in the morning.



2. Acknowledge your losses

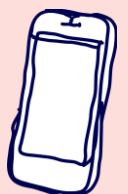
Last couple of months have been difficult. It might be that you missed out on the time with your friends in school and playing together in the snow, missed wishing Happy New Year to your loved ones and sharing your stories from the Christmas break with others. Acknowledge those losses and let them go. You can write this as a letter to someone or draw it out in pictures of balloons which fly away and symbolise letting go of those disappointments.

3. Acknowledge what you're hopeful for

Once you have made peace with your losses think about what is still ahead of you. Write few things down which you are looking forward to such as seeing your friends, celebrating your classmates' birthdays, going to your favourite sport or creative practice and summer holidays. There's so much to look forward to!

4. Have a plan for who to talk to when things get difficult

Think about the people you can reach out to for emotional support when facing different challenges at school. Maybe you can call your parents or speak to your favourite teacher, or a friend in your class. If the difficult feelings last a little bit longer or are stronger than usual you can speak to your teacher who can refer you to one of our lovely practitioners to help you in managing those feelings.



5. And remember – You can do this! Have a great time in school! 😊

Parent's Wellbeing corner



The third lockdown might have been a difficult time for you and your family and with juggling all daily tasks as well as looking after your children you might have forgotten about your own wellbeing needs. Hopefully with children going back to school you can find some more time for yourself and reflect on your self-care as it is really important you look after your own mental health first before you care after others.

It is very easy, as a parent or carer, to prioritise the needs of your family members ahead of your own. Taking time for yourself is **not** selfish. Everybody needs space to unwind and relax, and giving yourself permission to take some time to recharge your batteries means that you will hopefully have more energy and patience to meet the needs of your family.

Here are some examples of 10 minute activities which can help you relax and de-stress:

- 10 minute [relaxation meditation](#) with Andy from Headspace
- 10 minute [parent and child patience](#) meditation
- do a quick crossword or Sudoku
- have a cup of tea or a coffee and drink it mindfully without looking at your phone and other distractions
- sit outside for 10 minutes and listen to the sounds of nature
- listen to some [relaxing music](#)
- do some gentle [stretching exercises](#) or [10 minutes of yoga](#)

There's so much that can be done in 10 minutes but if we won't schedule this into our day, it can be easily forgotten. Think of when it is more realistic for you to have ten minutes to yourself – is it in the morning before everyone else gets up or maybe when children have their school time, or after dinner when kids have their own free time. Schedule your self-care time as you would any other meeting as it's as important, and enjoy it!



Meet Our Team corner



We want you to get to know us better so every month we are going to introduce one of our team members. This month it's one of our Practitioners – *Rosie*:

Meet Rosie

Hi, I'm Rosie! I'm one of the Education Mental Health Practitioners in the BWW Mental Health Support Team. I work with children, young people, families and school staff to provide support for people with mild to moderate mental health difficulties. I work in All Souls Primary School, Soho Parish Primary School, St. Marylebone CE School, St. Clement Danes and St. James & St. John Primary School. Hope to see you around!

Few things Rosie likes:

I love swimming, walking my dog, cooking and drinking lots of tea!



Rosie's perfect day:

My perfect day would start with a swim in a lido followed by a hot cup of coffee, and would end by watching the sun set over London with my friends and a picnic!

Thank you Rosie for sharing this with us! We are very fortunate to have you in the team!

Mental Health Support Team

