

Hi All,

Welcome to our fortnightly Parent/Carer Wellbeing email.

On here we'll share and signpost you to strategies, resources and information that we hope will be helpful to you and your family during Lockdown. We know it's really hard at the moment and we know you're doing a great job to support your children with their learning.

1 - Google Classrooms

Below is a link to a really helpful chap, who goes through the processes of Google Classroom. It's about 10 minutes long and has some useful hints and tips. Some of the information is more than you would need, and a little more in depth as it is directed towards secondary pupils, however we know that some of you also have secondary school children at home trying to access their learning too. The video has been made in the US, but all of the tips are the same, as Google is universal.

https://www.youtube.com/watch?v=lgS-hoSljnw&ab_channel=NewEdTechClassroom&fbclid=IwAR1rKX-AppKRn1iNSopI_M5R6VM27gbQ2UA84n0WkVfozG5rW8xagJKbEsQ

A few other tips gathered from the teachers this week are as follows:

- To send in work - click on 'turn in' so that the task is ticked against your child's name and the teacher knows it's been done. You can then upload a piece of work or simply add a private comment (underneath the 'turn in' button) to let your teacher know how you got on with it.
- To access a ppt (power point presentation/slides) – access the google slides, press 'view', then press 'present' and you should be able to access it.

2 – Resilience

Building resilience during the current lockdown and past few months is really important. On the below link there is a wealth of information, resources and even a parents section for you to access.

<https://kentresiliencehub.org.uk/resources/resilience-webinar-for-parents/>

3 – SIT (Sit together)

SIT together sessions from Mindfulness in Schools are a daily (weekdays) 20 minute session, which start at 11am. The link below offers lots of information about the project and has a registration page, where parents/carers can give permission for their children to opt in and join the session. This is also on offer if you find yourself having an odd 20 minutes for just you... sessions start on the 11th January 2021.

<https://us02web.zoom.us/meeting/register/tZMudeuurjMvE9fqBq5g9WJhxOdUMYEQbslk>

4 – Child Mind

Child Mind is a fantastic website that has lots of support pages for parents and carers, whilst children are learning at home – from tips for reducing stress, helping children cope and making new traditions, to learning healthy techniques on how to manage anxiety and stress for both you and your children during this time. They also give advice and tips on how to cope with virtual school and keeping children engaged.

https://childmind.org/article/keeping-kids-engaged-in-remote-learning/?utm_source=newsletter&utm_medium=email&utm_content=Keeping%20Kids%20Engaged%20in%20Remote%20Learning&utm_campaign=Public-Ed-Newsletter

There's also an array of resources, information/blogs and guidance for families on the link below for support which you may like to access:

<https://childmind.org/audience/for-families/>

This organisation is based in New York and California, so we cannot access the telehealth appointments, but the other pages are really helpful if you'd like to have a look.

5 - On-line safety

Making sure we're all working safely and accessing online resources in a safe way is so important during this time of being reliant on technology. Below the 'Think you know' website has an abundance of resources and videos for parents/carers to access to ensure children are continuing to learn about keeping safe online even when at home.

<https://www.thinkuknow.co.uk/>

We know during these difficult times, keeping up with your own work, looking after a family, as well as keeping up with on-line learning for your children is daunting and exhausting all at the same time – just know, you're all doing a great job!

If you need any support during this time, do not hesitate to email the offices so that we can respond with anything you may need via email or get back to you via phone - we're just on the end of the line.

Contacts:

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Stay safe, stay connected,

Team ASPIRE