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October 2021 Wellbeing and Mental Health email

Welcome to the first Wellbeing and Mental Health email of this academic year. We thought it important to send it out during Mental Health Awareness week, to look positively at supporting everyone's emotional and mental health. It was lovely seeing children wear yellow across ASPIRE on Monday to support this day.

Each term, we send out an email with strategies, guidance and support information for everything wellbeing and mental health - for the whole family; pupils, siblings and you. It's there just in case you feel you would like to access it at any time.

New for this year, we have introduced an **ASPIRE Wellbeing email** for parents and carers to get in touch with us at school - whether that's with feedback, ideas for content, or if you need to get in contact with us regarding anything Wellbeing or Mental Health related. Any emails will be directed to your child/rens specific school.

Email: wellbeing@aspire-kent.org.uk

In this term's email:

Self-care top tips for parents and carers.

Information and links to help your **children reconnect** with socialising and activities after learning behind the screen for so long... a guide to 'what's on' in Kent.

A list of **apps** for all ages to help with mental health and wellbeing strategies.

And... some **fun** things to do over **half term** if you're not sure what's on offer throughout Kent.



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Self-care top tips

BBC Bitesize has launched the *Parents' Toolkit*.

<https://www.bbc.co.uk/bitesize/articles/zdp93j6>

It promotes... *'Self-care isn't a luxury - it is the essential battery recharge we all need to have the physical and mental energy to make the most of good times, and to keep going during tough times.'*

And shows the power of self-care!

Anna Freud is a wonderful practitioner regarding Wellbeing and Mental Health advice and guidance. She has created an 'on my mind' page for parents and carers, created by research through child/parent surveys, to develop strategies, booklets and information on self-care. She has also written a self-care guide for younger parents.

<https://www.annafreud.org/on-my-mind/>

<https://www.annafreud.org/on-my-mind/self-care/>

<https://www.annafreud.org/media/12208/selfcarepc-final.pdf>



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Reconnecting

Reconnecting children and young people has never been more important since having to stay indoors and learn behind the confines of a computer screen, especially for those in secondary school.

The link below is a live calendar that allows you explore, by date, what's on in and around Kent for children and young people, helping them to get out and about and reconnecting.

https://local.kent.gov.uk/kb5/kent/directory/whats_on.page

<https://www.mykentfamily.co.uk/real-life/a-year-can-feel-like-a-lifetime-to-children-244215/>

<https://www.maidstonemind.org/tackling-your-teens-reconnect-programme/>

Apps

After some have had to stay home for so long, your child/ren may not be feeling confident enough to get out and Reconnect with the things they've missed, especially those of secondary school age. Here are some websites that could help them to reconnect, recommended by Kent County Council.

<https://moodspark.org.uk/>

The Mood Spark website is for young people aged between 10-16 to learn to look after their emotional and mental health.

<https://www.youngminds.org.uk/>

Young Minds is a website for young people, as well as parents/carers to support your child with what to do if they're feeling anxious or worried.

<https://kentresiliencehub.org.uk/parent-carers/>

The resilience hub has lots of useful information and guidance for all things Wellbeing. There's also a 'get help now' section for parents/carers to access if they are worried about their child's emotional or mental health.

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents>



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NSPCC has lots of guidance and support for the whole family.

Half Term Fun

If you need inspiration, below is a number of links that will take you to lots of different family attractions and activities for over half term. The last one also lists those that are free to visit in Kent.

<https://www.kentonline.co.uk/whats-on/news/half-term-fun-for-families-across-kent-255035/>

<http://letsgowiththechildren.co.uk/events/kent/?expired=1>

<https://kentattractions.co.uk/outing-ideas/free-outings/>

We hope the above links have been of some use. If you need any further support, or would like to offer ideas of what you would like to see in these emails, then please do not hesitate to contact:

Email: wellbeing@aspire-kent.org.uk

Please know that you can also contact your school office for further support:

Kingswood - office@kingswoodkentsch.co.uk

Ulcombe - office@ulcombekentsch.co.uk

Leeds & Broomfield - office@leedsandbroomfieldkentsch.co.uk

Platts Heath - office@plattsheathkentsch.co.uk

Take Care,
The ASPIRE Wellbeing Team

