

Parent/Carer Wellbeing Newsletter



Dear Parents and Carers - we hope this finds you well!

With this being the last Wellbeing Newsletter for this academic year, we wanted to include as much as we could to give you information, advice and guidance, as well as events to do over the summer holidays with your child/ren. We have also included lots of links signposting you to advice, ways to access support, as well as resources, in case you need them over the weeks that schools are closed. And as always, even if you don't feel you need it, you might know someone who may find the attached information useful...

Parent/Carer Resources - your self-care

We're really aware of how summer holidays are portrayed in the media, with everyone looking as though they are having a wonderful time, all of the time. However, we understand that this isn't always the reality. So, there are three links below with some great ideas if you get stuck for things to do... some of the articles weren't written this year, but the ideas still may be of use. There's some great advice for parents/carers too - as it's also about looking out for your own wellbeing during that time!

Number 1 - The Mental Health Hub has some great tips to keep on top of your own mental health and wellbeing over the summer, but half way down the page it also has a link for summer clubs/playschemes for your children to join, local to your area. I've also added this link below for Netmums below.

<https://www.mentalwealthhub.com/blogs/parents-survival-guide-to-the-summer-holidays/>

<https://www.netmums.com/local/holiday-clubs>

Number 2 - Parent hub has 5 top tips for surviving the Summer holidays...

<https://www.parenthub.co.uk/5-tips-for-summer-holiday-wellbeing/>

Number 3 - BBC Bitesize has a lovely Parent Toolkit

<https://mentalhealth-uk.org/help-and-information/advice-for-parents-and-guardians/>

We have also downloaded the link to a Self-Care Summer Primary Pack by The Anna Freud National Centre.

<https://www.mentallyhealthyschools.org.uk/media/2080/final-selfcaresummer-primary.pdf>

Older Siblings

We appreciate that not all of your children may be of primary school age, so we have also included a self-care plan resource for those older siblings in secondary school or college. The plan helps to ensure they are taking care of their mental health and wellbeing too.

<https://www.annafreud.org/media/15030/my-self-care-plan-secondary.pdf>

Year 6 Transition

Each term we send out transition hints and tips for our Year 6s going on to secondary school. Below are two links to two handy transition booklets which you may find useful to do with your child over summer.

<https://smchull.org/uploads/images/Barnardos-Year-6-Transition-Booklet.pdf>

https://www.compass-uk.org/wp-content/uploads/2020/09/SecondarySchool_TransitionBooklet_Compass.pdf

Kooth

We've mentioned Kooth before, which is an online support site for children and teenagers starting at the age of 10. We thought it might be useful if your child is a little anxious over summer about starting Year 7.

The London & South East team run free monthly parent/carer webinars. The sessions are designed to help parents/carers understand how Kooth can support their child with their mental health and wellbeing.

The session covers:

- A Presentation on Kooth (which includes what to consider when wanting to have a conversation with their children about how they're feeling, etc)
- A Live tour of the Kooth site

- An opportunity for Questions & Answers about Kooth

The dates & times are below, with the Eventbrite link to register if you feel it would be something that would support your child/ren.

If parents/carers have any questions, please direct them to the email address parentsandcarers@kooth.com

Date	Time	Registration Link
Weds 27 July	6pm -7pm	https://www.eventbrite.co.uk/e/introduction-to-kooth-for-parents-and-carers-tickets-277457000357
Weds 14 Sept	6pm – 7pm	https://www.eventbrite.co.uk/e/introduction-to-kooth-for-parents-and-carers-tickets-277457000357
Tues 11 October	6pm -7pm	https://www.eventbrite.co.uk/e/introduction-to-kooth-for-parents-and-carers-tickets-277457000357
Thurs 17 Nov	6pm – 7pm	https://www.eventbrite.co.uk/e/introduction-to-kooth-for-parents-and-carers-tickets-277457000357
Tues 6 Dec	6pm – 7pm	https://www.eventbrite.co.uk/e/introduction-to-kooth-for-parents-and-carers-tickets-277457000357

If you are interested to see what they are all about, as you can see the sessions run throughout the rest of this year.

Online Safety Resources

Online safety is always at the forefront for ASPIRE when teaching our children how to keep safe. The NSPCC has a super parent guide about online games, social media, internet connected devices and live streaming and online video apps. The link should update each month to bring you new advice and guidance.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides>

We've also included the link which supports parents with children with SEND, which includes Autism, Speech and Language difficulties and Dyslexia.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/#SEND>

Disney have a really useful internet safety page, which has two links to some great posters.

<https://www.disney.co.uk/internet-safety>

Also, Think you Know is a 'go to' website which has support for parents/carers. If you scroll down to the bottom of the page, there are age-related resources for your child/ren.

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

If you ever need further help, guidance or support with your child's internet safety, please do not hesitate to contact your Head of School, where we will be happy to help.

Things to do over summer

As we have highlighted above, summer is fast approaching. We have included some links which hopefully will give you some ideas to do over those summer months.

'Kent Attractions' has an array of events that are available over the summer across the county, which may be of interest to you

<https://kentattractions.co.uk/events/>

A-Z of 50 free things to do this summer

<https://mytunbridgewells.com/things-to-do-in-kent-2/>

And finally, we know that this will be the last year for some of our parents and carers with ASPIRE, as their youngest child continues on their journey from primary. We wish you all the very best and know all of our Year 6s will be super successes in whichever school or pathway they choose.

For the rest of our parents and carers, we will see you in September, but please remember over the next two weeks (until 21st July) you can get in touch with your school regarding any support you may need via your school's office, or via our dedicated wellbeing email:

Kingswood - 01622 842674

Ulcombe - 01622 842903

Leeds & Broomfield - 01622 861398

Platts Heath - 01622 850316

Email:

wellbeing@aspire-kent.org.uk

Wishing everyone a super summer!

Mrs Sanchez and The ASPIRE Team