

Codnor Community Primary School

Wellbeing



Newsletter



Spring has definitely sprung and the lighter, warmer days are a fabulous mood lifter. With Easter just around the corner, whatever your plans, make sure you take time to slow down and enjoy making memories with your child (and maybe eating just a little bit of chocolate!)

Key Dates

April...Stress Awareness Month

21st May...World Day for Cultural Diversity

1st June...International Children's Day



Signs of Stress:

Withdrawn behaviour—not wanting to join in with their friends or enjoy the things they used to



Sleep—changes in sleep patterns can be a sign of stress. Sleeping more or less than is usual for them

Eating patterns—eating much more than usual or being seen to eat very little

Unexplained aches and pains—complaining of stomach ache or head aches when they appear to be perfectly healthy

Irritability—being irritated by little things that wouldn't usually bother them

Talking to you—some children are open with their feelings and will want to talk about them. Ask questions like "Do you know what stress is?" or "Do you know what makes you feel stressed?" and ask "How do you deal with it?"

How to help:

- Encourage your child to be open about their feelings
- Give your child strategies to help them cope; breathing exercises, physical activity, mindfulness
- Lead by example...make sure you are managing your own stresses appropriately

Book Recommendation

Don't Worry, Be Happy by Poppy O'Neill

A practical guide which combines proven cognitive behavioural therapy methods used by child psychologists in schools with simple activities to help your child overcome their anxieties. It is aimed at children aged 7-11 as a lot happens in these years which can impact a child's emotional wellbeing—not just now but for years to come. The book features a friendly and supportive character called Fizz, who will guide your child through the fun and engaging activities—interspersed with useful tips, inspirational statements and practical information for parents.



RELAX

Bunny Breathing is a quick pick me up that will help your child to focus. It's especially helpful for children with ADD or ADHD...

Sit on your knees like a bunny, keep your chest lifted and your shoulder blades down

Tuck your chin in slightly and get your nose ready for breathing by twitching it like a bunny

Take 4-6 short, quick breaths in through your nose then breathe out through your mouth with one long, smooth sigh

Repeat 5-10 times to develop a consistent rhythm

