

We hope you have been enjoying family time together, especially over the school holiday. The start of the summer term is going to be very different from any other year. Teachers will stay in contact with children, setting work in different curricular areas. Health and Wellbeing is an important part of the curriculum. This update gives additional advice to pupils and parents / carers about how to look after mental and physical health at this challenging time.

## Mental Health

During lockdown, it's important to keep **talking** to the people you live with and keep in touch with friends and family. In the last update, we mentioned apps like [Headspace](#), [Mindshift](#) or [Safespot](#). We start this one with others that are worth a look:

### Chill Panda

A free app for children and adults to learn how to manage stress and feel better.

### Calm

A mindfulness app that includes various relaxing sounds, visualisations, "sleep stories" and guided meditations.



### Cove

This app helps people to capture their mood and express it by making music. You don't need to know how to play an instrument.

### Healthier Minds

**HEALTHIER MINDS**

Healthier Minds is East Renfrewshire's guide to supporting the mental wellbeing of children and young people. The 'Talking about Covid-19' section is being updated regularly by Educational Psychology Service and there are links to other useful websites. There is a new section on Bereavement, Grief and Loss and COVID-19. A page on Staff Wellbeing has been added. You can find more on Twitter [@eastreneps](#).

### Children's Parliament

All our lives have changed very quickly because of the Coronavirus. Children's Parliament want to find out how it has affected children. You can help children get involved in Scotland's national children's survey for 8 to 14 year olds here:

[bit.ly/How\\_are\\_you\\_doing](https://bit.ly/How_are_you_doing)

### ER Youth Voice

Members of the local Youth Voice group have produced a video to promote positive mental health and demonstrate community support for our front line workers. Further films are planned - anyone who wants to get involved can contact Kira through Twitter.

## [Parentline Scotland](#)



This service, run by Children 1<sup>st</sup>, is for anyone who needs it. Call **08000282233**, browse the website for advice and support, or start a webchat.

## [Tripsavvy](#)

Here are 15 virtual field trips for children of all ages. Try them together as a family.

## [Anna Freud Self Care](#)

Self-care is about the things we can do to look after our own mental health. This site has some great suggestions.

## **Physical Health**

### [East Renfrewshire Culture and Leisure](#)



Our active schools coordinators are tweeting great ideas for ways to stay active at home: [#beingwellwithERCL](#) . The one linked above is a challenge to do as many toe touches on a ball as you can in 20 seconds.

### [Cosmic Kids Yoga](#)

Yoga videos designed for children aged 3+. Great for physical and mental health.

### [Play Scotland](#)

Boredom Busters is a new app for 8-12 year olds from Play Scotland to get children playing more in different ways.

### [Premier League Primary Stars](#)



Videos and activities with Premier League football players to support Maths, Literacy, PSHE and PE.

### [Child Smile](#)

This site is dedicated to improving the oral health of children in Scotland. There is great advice for parents and carers, in particular at a time when it is difficult to get a dental appointment.

### [Buzzin' & Brushing](#)

Fun videos to encourage good teeth brushing.

We will send another update next week ... good luck with these and stay healthy!

*The Quality Improvement Team.*