

We hope you have been enjoying the start of the summer term - unlike any start of term before, but the weather has been good and we can enjoy our one hour outside every day. Getting outside for fresh air and exercise helps our physical health, and our mental and emotional wellbeing. This update gives more advice to families about these areas.

Physical Health

[Active Schools East Renfrewshire](#)

Our Active Schools coordinators are still tweeting about a wide range of activities and challenges which will keep the whole family active - and having fun together! Active Schools coordinators are also working in our hub schools to make sure all of those pupils can enjoy some physical activity and games.



[Walk Your Socks Off](#)

This Facebook page has been set up by our Community Learning and Development Team to promote a fun step challenge from the comfort of your own home or when carrying out your daily exercise. It's easy to take part and is all for a good cause, while helping you physical and mental wellbeing.

[Joe Wicks](#)

Almost everyone has heard of Joe Wicks and his morning PE sessions by now. If you are not able to join in first thing in the morning (hello teenagers!) then this video from the BBC lets you see five of Joe's favourite exercises. You can do these at any time of the day, so no excuses!

[Hey Girls](#)



Physical health is not only about physical activity. Hey Girls is a company who provide sanitary products in our schools. They have also created new resources for learning about menstruation at home. These are suitable for different age groups, for girls and for boys.

Mental Health

[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. You can find more on Twitter [@eastreneps](#) .

[CAMHS](#)

NHS

The Child and Adolescent Mental Health Service has produced a series of self-help guides that may be useful to young people and parents / carers.

[Living Life To The Full](#)

Young People can now access *Living Life To The Full* resources for free. This programme has great strategies to help us all make sense of and cope with this stressful time. Our Educational Psychology Service recently tweeted about this.

[Parent Club Scotland](#)

This organisation has a new section of their website devoted to advice on parenting during lockdown, supporting children's learning at home, and much more...

[The Big White Wall](#)

This is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals.

[Lucy's Blue Day](#)

This is a great story that parents / carers can use to explain lockdown to younger children.

[BBC](#)

BBC
NEWS

This article was published a few weeks ago but is a good reminder about the steps we can all take to look after our mental health during lockdown.

The Quality Improvement Team.