



We hope you have enjoyed the great weather over the last few weeks and are spending some time exercising outside.

It is great to hear that our pupils are engaging in remote learning - remember you can do this at the times that best suit your own family and your own needs. This might be about the number of devices you have in the house or when parents and carers are able to help. Some of this learning will be about your health and wellbeing, and remember that if you are finding any of your school work hard then you can still ask your teachers for support. They will be there to help!

This fifth update gives more advice to families about how to stay healthy during lockdown - mentally and physically.

Physical Health

Fitness Apps

If you fancy a change from Joe Wicks, you might like to try out one of the many fitness apps available. This article recommends the "best fitness apps to keep in shape during lockdown."

Activities for Younger Children

The pack linked above, called Maypole Madness, has a brilliant list of activities for all ages during May. For example, on page 8, there is a list of activities linked to sensory play for young children.

Garden Activities

In the same Maypole Madness pack, on page 6, there is a list of fun garden and outdoor activities for the whole family. Let's hope the sun stays out!

Active Schools East Renfrewshire



Please keep checking out our Active Schools Twitter to stay up to date with their suggestions and especially their weekly sports challenges which are posted every Wednesday.

Mental Health

The National Parent Forum of Scotland

This group have produced guidance for parents on supporting children's learning this term. This includes the key point that "the most important thing is to make sure that your children and your family are safe and supported to cope with the challenging circumstances."

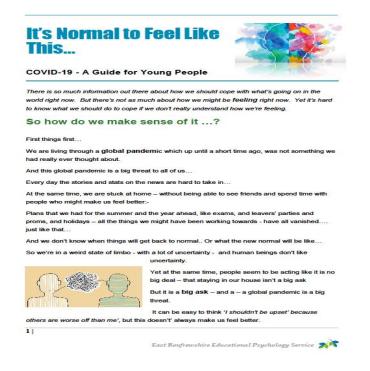
Healthier Minds

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 <u>@eastreneps</u>

On the website, you will find a <u>Children's Guide to Coronavirus</u> produced by the Children's Commissioner. Everything is explained in clear, plain language.

We would especially like to draw your attention to a new document which EPS have created, <u>It's Normal To Feel Like This... Covid-19: A Guide For Young People</u>. There is a lot of information available on the different ways we may cope at the moment, but little on how we might be feeling. This Young Person's Guide aims to **normalise** these feelings.



The Quality Improvement Team.



the National Parent Forum of Scotland