

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 [@eastreneps](#)

On the website, you will find a [Children's Guide to Coronavirus](#) 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, [It's Normal To Feel Like This... Covid-19: A Guide For Young People](#). 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.

It's Normal to Feel Like This...

COVID-19 - A Guide for Young People

There is so much information out there about how we should cope with what's going on in the world right now. But there's not as much about how we might be feeling right now. Yet it's hard to know what we should do to cope if we don't really understand how we're feeling.

So how do we make sense of it ...?

First things first...

We are living through a **global pandemic** which up until a short time ago, was not something we had really ever thought about.

And this global pandemic is a big threat to all of us...

Every day the stories and stats on the news are hard to take in...

At the same time, we are stuck at home – without being able to see friends and spend time with people who might make us feel better:-

Plans that we had for the summer and the year ahead, like exams, and leavers' parties and proms, and holidays – all the things we might have been working towards - have all vanished... just like that...

And we don't know when things will get back to normal.. Or what the new normal will be like...

So we're in a weird state of limbo - with a lot of uncertainty - and human beings don't like uncertainty.

Yet at the same time, people seem to be acting like it is no big deal – that staying in our house isn't a big ask

But it is a **big ask** – and a – a global pandemic is a big threat.

It can be easy to think 'I shouldn't be upset' because others are worse off than me', but this doesn't always make us feel better.

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East Renfrewshire Educational Psychology Service

The Quality Improvement Team.

