

# The Waid Academy



## Parent Information for Health & Well-being



Dear Parents/Carers

I wrote to you at the end of last term about maintaining a home/school/work balance and making decisions about online learning which works for you as a family. Please find below information which Mrs Fergusson has collated about supporting emotional wellbeing.

This is information for those who want to use it and we hope many of you find it useful. There is, however, no expectation that you need to engage with this resource. It is a tool for those who want to use it and signposts you to additional resources. We are mindful of the challenges we all face.

Mrs Smart

Rector

### **Wellbeing Toolkit**

As families and being part of a school community, we need to connect with and support each other. Good communication is essential in all healthy relationships.

At Waid Academy, there is always someone you can talk to about any concerns or issues.

In particular, you can reach out to our three Pupil Support Teachers, Mr McGuigan, Mrs Henderson and Ms O'Donnell.

You can contact us through [waidacademy.enquiries@fife.gov.uk](mailto:waidacademy.enquiries@fife.gov.uk) and we will get back to you as soon as possible



# The Waid Academy

BRINGING SCHOOL, COMMUNITY AND HOME TOGETHER

REMEMBER YOU ARE ALL PART OF THE WAID FAMILY AND WE MISS YOU.

## ◆ Learning at Home

Don't worry if you don't complete all the work set for you. Complete what you can, when you can and what is best for your family.

## ◆ Learning and Relaxing

Your Learning is important but this is a stressful time so it is important to take time to get used to it all and relax.

## ◆ Relationships

Everyone in the house will be getting used to the new situation – be kind to yourself and others.



## ◆ Routine

Find a routine that works for your family and we will work with you. Learning can be done at any time..

## ◆ How are you feeling?

Talk to others about how you are feeling. It's important.

## ◆ Where can I go for help?

[www.mind.org.uk](http://www.mind.org.uk)

<https://youngminds.org.uk>

[www.samh.org.uk](http://www.samh.org.uk)

**Lots of research tells us that there are certain things we can do to support wellbeing. In school, we support an approach which identifies 5 things we can do to keep us emotionally healthy.**

**The Five Ways to Mental Wellbeing are:**

- **Connect with people**

We might all be at home together but we need to make the effort to connect with one another. One way to do this is to do things together.

Although we are maintaining social distancing, we can still connect with others outside the home. This can either be via email or on the phone but most phones allow for face to face discussions. Chat with family, friends, colleagues and neighbours. Use IT to help you connect more frequently

- **Be Active**

Go for a walk or run. Go outside and get some fresh air, (remember, once per day) Play a game. Try free fitness classes on You Tube

- **Give**

Do something nice for someone. Thank someone. Volunteer your time. It is a true saying that it is in giving you receive

- **Take Notice**

Try to find ways to take notice of things like diet, sleep, your thoughts and feelings and to be aware of the here and now.

- **Keep Learning**

Try something new. Rediscover an old interest. Take on a new project at home.

Explore E -learning

<https://www.youtube.com/watch?v=C2Hh2V1XYe0>



**People with strong and wide-ranging relationships are happier, healthier and live longer. Close relationships with family and friends provide love, meaning, support, and increase our feelings of self-worth. Friendships bring a sense of belonging, so taking action to strengthen our relationships and build connections is essential for emotional wellbeing.**

- Livingwell.org - When it comes to wellbeing, other people matter. Evidence shows that connecting with others and forming good relationships – with family, friends and the wider community – are important for mental wellbeing.

<https://www.livingwell.org.au/well-being/five-ways-to-mental-wellbeing/connect-with-others/>

- fifevoluntaryaction.org.uk - supporting, developing and representing community groups, voluntary organisations, social enterprises and volunteering

<https://www.fva.org/>

- YOUth Space - is a place for young people to find digital and youth work opportunities near them and to share their achievements

<https://www.youthspacefife.co.uk/>

<https://www.youtube.com/watch?v=CB3fFnHPiJ8>



**Keeping active helps your mind and body. Small, positive changes can make a difference. People who do regular physical activity have a lower risk of diseases and physical activity can boost self-esteem, mood, sleep quality and energy. Adults should aim for 30 minutes and children 60 minutes of activity most days.**

- [nhs.uk/livewell](https://www.nhs.uk/livewell) - Advice, tips, tools to help you make the best choices  
<https://www.nhs.uk/live-well/>
- [eatbetterfeelbetter.co.uk](https://www.parentclub.scot/articles/eat-better-feel-better) - recipes and eating tips from Eat Better Feel Better  
<https://www.parentclub.scot/articles/eat-better-feel-better>
- [children1st.or.uk](https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/things-to-keep-kids-entertained-at-home/) - with more of us being asked to work from home, or stay at home with children, we asked these family support workers and Parentline team have fun ideas to keep the kids active and entertained  
<https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/things-to-keep-kids-entertained-at-home/>
- [thebodycoach.com](https://www.thebodycoach.com/blog/pe-with-joe-1254.html) - With the schools closed and with us all spending more time at home, it's more important than ever that we keep moving and stay healthy and positive. Exercise is an amazing tool to help us feel happier, more energised, and more optimistic  
<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

#### **Podcast – Joe Wickes**

<https://podcasts.apple.com/gb/podcast/joe-wicks/id1353058891?i=1000466463948>



**Giving is about helping others with kindness. It is not only good for them and a worthy thing to do, it also makes us happier and healthier as it helps lower stress and anxiety. Volunteering can be a good way of helping others. When you give, you're more likely to get back and remember it is particularly helpful to be kind to ourselves.**

- fife.gov.org - Fife Council and Fife Voluntary Action (FVA) have launched a service to help match up vulnerable people in urgent need with organisations offering aid and support in our communities. For example there are many vulnerable people who have nobody else to help them and will need the assistance of local volunteers to get essential food shopping for them or pick up a prescription.
- <https://www.fife.gov.uk/kb/docs/articles/health-and-social-care2/coronavirus-covid-19/community-groups>
- Idealist.org - If there is one common thread among idealists, it's our deep desire to help and support others, be they family members, members of our community, or fellow humans across the globe. We understand that for most (if not all) of us, the novel coronavirus feels uncertain and scary. But in spite of those feelings, many of us have still been moved to ask, "How can I help?"

<https://www.idealists.org/en/careers/help-others-coronavirus>



**Life can feel fast paced and stressful sometimes, so time spent on looking after ourselves is important. Try to find ways to take notice of things like diet, sleep, your thoughts and feelings and to be aware of the here and now. Some people call this being 'mindful'. Focusing on positives can change the way we feel about life and how we approach challenges.**

- moodcafe.co.uk - Promoting Mental Health & Wellbeing & Lifestyle  
<https://www.moodcafe.co.uk/>
- Stopbreathethink.com - Check in with how you're feeling, and try short activities tuned to your emotions  
<https://www.stopbreathethink.com/>
- calm.com - helps with sleep, meditation & Relaxation  
<https://www.calm.com/>
- headspace.com – mindfulness for your everyday life  
<https://www.headspace.com/>
- Moodjuice.scot.nhs - offers information, advice to those experiencing troublesome thoughts, feelings and actions. From this site you are able to print off various self-help guides covering conditions such as depression, anxiety, stress, panic and sleep problems  
<https://www.moodjuice.scot.nhs.uk/About.asp>



The human brain is most happy when we are working towards a goal. This can be anything from learning a new language or taking part in sport, work or music. Research has shown learning something new makes us feel better about ourselves, feel more confident, reduces the risk of depression, anxiety and sleep disorders.

- young.scot healthandwellbeing – advice on health and wellbeing  
<https://young.scot/health-and-wellbeing>
- Twinkl Home Learning Hub - **Parent or teacher, at home or still in school. This Home Learning Hub has you covered during school closures.** Each day you'll find a new set of daily activities to get involved with.  
<https://www.twinkl.co.uk/home-learning-hub>
- Parentzone.org – supporting parents with advice and help for children  
<https://parentzone.org.uk/parents>
- *Parentzone.org - Helping your child eat well and learn about healthy food is a crucial part of parenting, but sometimes it's tricky to figure out what (and how much) they should eat.*  
<https://parentzone.org.uk/article/healthy-eating-parents-guide>
- Information and resources to help parents support their child's literacy development. The website has a wealth of information check out the 'Resources' section of the website for activities.  
<https://literacytrust.org.uk/parents-and-families/>
- Free Audio books  
<https://stories.audible.com/discovery>



**Our young people live in a digital age and due to the recent move to home learning it is important that we keep our children informed and safe when using the internet to access information**

**This following link has been created to support parents during COVID-19 and the closure of schools. Each fortnight, Think You Know will be releasing new home activity packs with simple 15minute activities you can do with your child to support their online safety at a time when they will be spending more time online at home**

Please click on the ink below

[https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm\\_source=Thinkuknow&utm\\_campaign=03cb8440df-TUK\\_ONLINE\\_SAFETY\\_AT\\_HOME\\_24\\_03\\_20&utm\\_medium=email&utm\\_term=0\\_0b54505554-03cb8440df-64807949](https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK_ONLINE_SAFETY_AT_HOME_24_03_20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-64807949)

How to support your child at home

***Schools across the UK are now closed to most families. No doubt this is a worrying time for any parents and carers. Children will be spending more time online at home while they do their school work and socialise with friends.***

If you or your child are worried or upset about something which has happened, there is help out there.

<https://www.thinkuknow.co.uk/parents/Get-help/>

Concern about your child

<https://www.thinkuknow.co.uk/parents/Concerned-about-your-child/>

Want more information?

You can visit the Thinkuknow [parents and carers website](#) for more information and advice on supporting your child online. For more information on popular apps and games children use, please visit NSPCC and O2's [Net Aware Guide](#).

<https://www.thinkuknow.co.uk/parents/>

**Podcast – Online Safety**

<https://young.scot/get-informed/national/podcast-online-safety-for-cyber-scotland-week-2020>

