

Watlington Parents Wellbeing News (No23) – Friday 24th September

Hi Everyone,

I hope this reaches you all well and that you are managing to enjoy some of the beautiful weather we've been having of late.

It was so good to be in school on Wednesday, to support your wonderful children and the incredible staff. It was also really nice chatting to some of you at the beginning and end of the day at the drop-off/pick-up points too – thank you for taking the time to stop and talk with me. I can understand that it may feel a little daunting / uncomfortable when someone comes walking over to talk but your continued friendly welcome, right from the start (can you believe that was last December), is always so much appreciated – thank you.

For the children, September is a month where they are settling and getting use to their new year groups and the type of work they'll be engaging with throughout the academic year – it naturally takes a little time for them to settle. I was so impressed on Wednesday – the children are so brave in coming up to me (both in the playground and in school), saying hi and telling me how they are feeling / their day is going. It was also great to see all the children really engaging with their learning in the classrooms too. I must admit, when I see the work they are doing I often wish I were back at school doing it too!

To help with your child's continued wellbeing as they settle in and get use to the new class work, there are a few things you could consider doing at home (if you're not already) that will be a big help to them:

- *Asking them about their day* - Although we tend to do this when they come out of school, if your children are like mine were, the response I often got was minimal. However, if I asked again a little later in the evening, after they had had time to settle after a busy day, I always got a much more detailed response. I always found that sitting down at the dining room table and having tea together provided a great opportunity for listening to them talk about their day too.
- *When they come home with homework* - have a chat with them about it and try to put aside some designated time (at home) for them to do their work. This way it prevents things possibly being left to the last minute and avoids all the stress and discomfort this can bring them. Your children are so precious and a little organisation on the homework front can really help with reducing any related anxiety and also give them time to ask for further help if needed.
- *Early nights* – sleep for all children (particularly those at primary level) is so important. It is only when we go to sleep that our bodies completely (physically and mentally) switch off and start to recover in preparation for the next day. A lack of sleep/late nights may leave your child feeling grumpy, headachy, finding it hard to concentrate and low on energy (particularly in the afternoons). Keeping to a bedtime routine during the school week will help your children start each day fresh and ready to engage with both their classmates and schoolwork.

- It's a good idea to schedule in some down-time for them too during the school week / weekend. For all their incredible efforts they deserve time to just switch off and have fun, which will again help them recharge (both physically and mentally) for the following day.

I'm a parent myself and I know that some of these suggestions are easier said than done, but just like I'm here to support your children I am also here to help support you too. So if there is anything connected to these suggestions and/or wellbeing related that you would like some support with then please let me know. All you have to do is drop me an email (address below) and I'll get back to you ASAP to arrange a time for us to have a chat.

Have a lovely family weekend.



Linus
Wellbeing Coach
LMurray-woods@watlington.norfolk.sch.uk.