



### Don't forget you can seek advice from our Emotional Wellbeing Practitioner (EWP)

Sam, our EWP aims to improve access to mental health support for children, young people and their families. She provides low intensity interventions for young people experiencing common emotional wellbeing difficulties such as low mood, anxiety and behavioural difficulties.



If you think your child would benefit from the support, please complete [Parent Request For Support Form](#) on the website and return to the school office.

#### Plain Old Oyster

There once was an oyster, whose story I'll tell  
Who found that some sand, had gotten into his shell  
It was only a grain, but gave him great pain  
For oysters have feelings, although they are plain

Now, did he berate the harsh workings of fate  
That had brought him to such a deplorable state?  
"No", he said to himself, "Since I cannot remove it",  
I'll lie in my shell, and think how to improve it",

The years rolled around, as the years always do,  
And he came to his ultimate destiny .... stew.  
Now the small grain of sand that had bothered him so,  
Was a beautiful pearl all richly aglow,

This tale has a morale, for isn't it grand,  
What an oyster can do with a morsel of sand?  
Think...what could we do, if we'd only begin,  
With some of the things that get under our skin.



Read [this guide](#) from The Anna Freud Centre for Children and Families to help relieve your child's anxiety.

#### Suggestions?

The next wellbeing newsletter will be out at the end of March. If you have any comments or suggestions about what you would like to see in it, please let Miss Ballard know by emailing [sbps\\_office@swale.at](mailto:sbps_office@swale.at)



### 7 ways to support children and young people who are worried

Clinicians at the Anna Freud Centre have developed seven ways that we consider to be best practice in responding to children and young people's fears.







## CALLING ALL KIDS!

*WHAT ARE YOU DREAMING OF DOING ONCE THE PANDEMIC IS OVER?*

### The Starfish Story

As an old man walked the beach at dawn, he noticed a girl ahead of him picking up starfish and flinging them into the sea. Finally catching up with the girl, he asked why she was doing this. She answered that the starfish would die if left until the morning sun.

"But the beach goes on for miles and there are millions of starfish," said the old man. "How can your effort make any difference?" The girl looked at the starfish in her hand, threw it safely into the waves and said, "it matters to that one!"

Have a look [here](#) for a competition asking kids to draw their own Bottle Moments, with the opportunity of having their picture drawn by Bottle Moments cartoonist, Rob Murray, printed on a special mug, and presented to them in person by Good Morning Britain host, Ben Shephard.



### Work on staying calm – Spaghetti Breathing!

I want to tell you about a really great way to feel calm. First I want you lie on the floor and pretend you are stiff like uncooked spaghetti



Slowly take a deep breath in, holding your body all tight. As you slowly breathe out, start to go floppy like cooked spaghetti  
Soft and relaxed!



The [Ten Keys to Happier Living](#) are based on a review of the latest research from psychology and related fields. Everyone's path to happiness is different but the evidence suggests these Ten Keys consistently tend to have a positive impact on people's happiness and wellbeing.

## GREAT DREAM

GIVING



Do things for others

RELATING



Connect with people

EXERCISING



Take care of your body

AWARENESS



Live life mindfully

TRYING OUT



Keep learning new things

DIRECTION



Have goals to look forward to

RESILIENCE



Find ways to bounce back

EMOTIONS



Look for what's good

ACCEPTANCE



Be comfortable with who you are

MEANING



Be part of something bigger



THE SCIENCE OF POSITIVE PSYCHOLOGY TELLS US THAT THE MORE WE STOP TO CONSIDER THE GOOD THINGS IN OUR LIVES, THE HAPPIER WE BECOME!



WITH THIS IN MIND, WE WOULD LIKE TO INTRODUCE YOU TO 'WINS OF THE WEEK'.

EACH WEEK, YOU WILL BE SENT A GOOGLE FORM ASKING YOU FOR SOMETHING THAT HAS GONE WELL THAT WEEK. IT CAN BE SOMETHING SMALL OR A BIG CELEBRATION. FOR EXAMPLE, MISS BALLARD'S WIN OF THIS WEEK WOULD BE THAT SHE FINALLY MANAGED TO EMPTY THE LAUNDRY BASKET!



EACH WEEK THE WINS OF THE WEEK WILL BE SHARED WITH OUR WHOLE SCHOOL COMMUNITY TO SPREAD THE POSITIVITY.

Send your success stories, big or small, to  
[sbps\\_office@swale.at](mailto:sbps_office@swale.at) for next week's Wins Of The  
Week





# When emotions explode

Last year and the start of 2021 has been extra stressful and, understandably emotions may be heightened at home. It's normal to feel frustrated, worried or angry about the situation, but it can be hard to know how to communicate in these very emotional or angry moments.

This poster aims to support parents when their child has angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.

## Very Angry

Stay calm.  
Stay safe. walk  
away if possible and  
make sure you don't  
engage with your  
child until you are  
both calm.

## Frustrated

Reflect what you can see in your child. 'I can  
see that you're angry/upset' 'I understand that  
this might be difficult for you.' 'I understand  
when you did x this made you feel..'

## Calm

Use this time to explore your concerns and ask questions like 'what  
happened there? How did you feel?' If there has been lots of conflict  
reassure them and remind them you still love and care about them.





# RAIN BEFORE Rainbows

SMRITI HALLS

DAVID LITCHFIELD

[Click here to read Rain Before Rainbows](#), a book with immense hope at its heart, this is a positive message for anyone who's ever gone through a tough time. In the story, a girl and her companion fox travel together from a place of loss and despair, through uncertain times, towards the hope of colour, light and life. Along the way, they find friends to guide and support them. Together, they build a glorious future and discover there is a way out of the darkness, into the light of the rainbow.



### Living with Uncertainty: Daily Gratitude

# daily gratitude

At times in our lives we can feel like we are living with a sense of uncertainty. This sense of uncertainty can cause us to feel a loss of control; it can cause us to doubt ourselves and our abilities and it can cause a general feeling of anxiety. It can be hard to focus during these times, to trust ourselves, our choices and decisions, and can cause us to put a lot of undue pressure on ourselves. We can often let these feelings take over and our focus becomes on what we can't control instead of what we can, our own thoughts, feeling and emotions.

Practicing daily gratitude can help remind us of all the things that we have to be grateful for in our lives no matter how big or small they may be. Get a journal, note book, pen and paper, and challenge yourself to complete this exercise each day, for at least the next seven days.

**"Never forget that every day may not be a good day but there is something good in every day"**

## Daily Gratitude Practice

### Identify three things that you:

**Feel grateful for and appreciate about your life**—These can be based on your past, present or future. No subject or object is too great or too small.

**Take for granted but are actually very thankful for**—we all have things that we may take for granted, it is important to take some time to reflect and acknowledge which of these things we value in life.

**Appreciate about yourself**—These can involve your personality, qualities, actions, beliefs behaviours and anything else directly related to yourself. Choose things that are meaningful to you as a person.

**Feel grateful for in the present moment**—the here and now. Utilise your senses, what can you see, hear, smell, touch and taste. Note anything that relates to the present moment.



[www.griefuk.org](http://www.griefuk.org)







Take the time to care for ourselves

# self care

We have so many responsibilities in life that we often forget to take the time to care for ourselves. Life can be busy and stressful and it is often difficult to find the time to prioritise our own personal needs. What we can often forget is that if we don't look after ourselves, we won't be able to look after others as effectively. Self care plays such an important role in managing life daily stresses.

## So how does Self Care benefit you?

When we are feeling physically, mentally and emotionally exhausted we are less able to effectively deal with stress. However, when we are feeling our best we are more resilient and better able to deal with whatever life throws at us.

**Can Improve Physical Health** - While pampering yourself may not have as major an effect on your physical health as exercise and diet does it can trigger your 'relaxation response'. Your 'relaxation response' is the opposite of your 'flight or fight response' it enables your body to relax and prevents stress from damaging your health so essentially self-care is good for you both inside and out.

**Can Improve Emotional Health** - Taking time out for yourself can remind you and others about the importance of your personal needs and instils a sense of self value. Being calm, relaxed and caring for your body can make you feel good about yourself and your life and can contribute to long term feelings of wellbeing and happiness.

**Enhances your abilities to care for others** - If you neglect your own needs and spend all of your energy caring for others you are more likely to 'burn out' leading to feelings of tiredness, low self worth, resentment and unhappiness. Taking time to care for yourself ensures that you are a better caregiver for others.

It is important to plan your 'Self Care' at times when you are less likely to be interrupted. It is a good idea to allocate specific times during the week that are just for you and to treat that time with the same level of importance as you would any other appointments.

Self Care means something different to each and every person so think about what you find relaxing and if nothing comes to mind try a few different things like taking a relaxing bath, reading a good book, going for a walk, practising mindfulness or meditation, sitting down and listening to your favourite music or podcast- whatever helps you to unwind and triggers your 'relaxation response'.



[www.griefuk.org](http://www.griefuk.org)





### **Big White Wall**

A safe community to support your mental health, 24/7

[www.bigwhitewall.com](http://www.bigwhitewall.com)

### **Citizens' Advice**

0800 1448 444

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

### **Cruse bereavement care**

0808 808 1677

**Holding On, Letting Go—supporting bereaved children and their families**

03445 611 511

### **Kent Live Well Services**

**Porchlight Community Service Link - Housing, debt and benefits, including online support**

0800 567 7699

[www.livewellkent.org](http://www.livewellkent.org)

### **Kent Safeguarding Children Board**

03000 419 292

**Kent Together—Kent County Council 24 hour helpline**

03000 111 1110

**Maidstone Family Food Bank (Tues and Thurs 10.00—14.00)**

01622 625818

**Men's Advice Line—advice and support for men experiencing domestic abuse**

0808 801 0327

### **Mental Health Matters 24/7 helpline**

0800 107 0160 from landlines

0300 330 5486 from mobiles

**Refuge for women and children - National Domestic Abuse 24/7 Helpline**

0808 2000 247

### **Samaritans 24/7 Helpline**

116 123

**Sleepstation—help for insomnia and Anxiety**

0845 260 6106

### **The Money**

**Advice Service**

0800 138 1677

Be strong enough to stand alone, smart enough to know when you need help and brave enough to ask for it.