

PARK GROVE PRIMARY ACADEMY

WELLBEING NEWSLETTER

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Maintaining a Healthy Mind

Over the holidays fill a jar of your feelings, just like a check in at the end of the day. Check to see if your feeling has changed.

Ask your family to write their feelings too.



You could also keep a diary of all the things you have been grateful for over EASTER

Another half-term completed! School has felt so alive again with chatter and laughter, seeing children playing on the field in the sunshine is truly heartwarming and we are so happy to see everyone back in school.

We hope you enjoy your two week break from school. This newsletter will hopefully give a few ideas of things that can keep your mind and body active. Along with some helpful contacts if you need anything

Take care of you... Take care of each other
"Spread Kindness like Confetti!"

Support and advice for all of our children and their families

Samaritans offering support 24/7 116123 (free call)

NHS helpline 111

24 hour National Domestic Abuse Free Helpline 0808 2000247

Childline 0800 1111

York MASH (Multi Agency Safeguarding Hub) - 01904 519000

Shout - UK's first 24/7 text service - TEXT 85258 - free on all major networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and need immediate help.



EGG-TRA EGG-CITING EASTER EGG COMPETITION

1 prize per class!

Send a photo of your egg to your child's teacher via Bloomz by 12th April



Transform a boiled egg using paints and decorations.

Winners announced by 16th April

Understanding dysregulation: How to Support a Highly Emotional Child



Dysregulation occurs when the brain responds to sensory input in a manner that triggers the alarm state.



When a child is dysregulated, it is harder to listen, comprehend, and cope.

Remember the Three "R"s

Regulate

focus on soothing your child. Make them feel calm, safe, and loved.



Relate

Validate their feelings with your words and tone of voice. "I know you're upset right now." "This is very hard". Focus on connecting with your child.

Reason

Once your child is calm, now it is time to talk about alternatives to behaviors while reinforcing limits you set before. You can reassure them you love them but that the behavior they're exhibiting is not ok.



Until a child is regulated, they are unlikely to related to you (feel connected & comfortable). And until a child is related, they are unlikely to have the mental capacity to reason with you.

HEALTHY FUN



Go on an active Easter egg hunt. Gardens/yards or local parks are great places to 'get moving'. Use real or drawn Easter eggs, ask an adult to hide them, you can make it as physically active as you want. Have fun going up and down, crawling, balancing, twisting and climbing to get to the hiding spots.

A simple walk can be an adventure! Make a list of things you might see such as a red door, bus, street sign, cat, shop, a piece of rubbish on the floor, someone you know. Tick them off as you go.

Slow down and switch off. It's been a busy time getting used to a full school day again. Look after your mind. Set yourself a 20 minute goal, no phone, gaming etc. Try some Yoga or meditation for kids or simply lay down and listen to some gentle music, or imagine a place you would like to visit- it could be real or imaginary, get creative.

Rather than chocolate eggs, why not try hiding hard boiled eggs. Once they have been found you could decorate them then smash them and eat them as healthy snacks.

Eggs are a brilliant source of protein, we need protein to help us stay healthy.

KEEPING ACTIVE

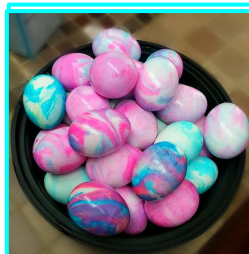
Don't drop the egg!

Why not try some Easter egg balloon juggling? All you'll need are some balloons and a few permanent markers or stickers and you're all set!

Start off by blowing up as many balloons as you need, and get everyone to customise their balloon by decorating it like an Easter egg using the permanent markers and other decorations. Move to a spot inside with room to move around, or take everyone outside to play. Here are a few ideas (don't be surprised if your children come up with their own as well!):

- Don't drop the egg! See who can keep their "egg" in the air the longest without dropping it. For an extra challenge, see if your family can keep up two or three at once.
- Chicken run: Wedge the "egg" between your knees and waddle across the room, deck, or backyard. Don't drop it, mama hen!

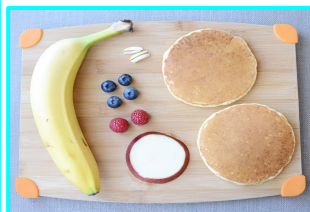
CREATIVE CORNER



Shaving Cream Dyed Eggs

Start by squirting white shaving cream onto a baking tray and spreading it evenly. Drip different colour food colouring onto the shaving cream and swirl the colours together with a straw to get a tie dye look. Roll an egg on one side into the colours and flip it over. Let it sit for 10 minutes and then rinse clean.

Bunny Pancake Breakfast



For 2 Bunny Pancakes:
1 whole banana, 2 homemade pancakes, 4 whole blueberries, 2 fresh raspberries, 1 slice apple, 6 slivered almonds

The apple is used to make whiskers and the almonds for the nose.

