



# St Joseph's Catholic Primary School

## Safeguarding Newsletter for Parents – Spring 2 2021



### Welcome to this half term's Safeguarding Newsletter

Keeping children safe and well is our number one priority at St Joseph's Catholic Primary School. Every half term we produce a newsletter based on a safeguarding theme. This newsletter is designed to help school and parents to work together to safeguard children's well-being.

This half term's topic is **Physical Health and Well-being**

All of us have faced more challenges than ever over the last year and this has put huge strains on family life. With lockdown restrictions beginning to be eased over the next few weeks and months, it is important to continue to look after our physical health and mental well-being. We hope that this newsletter will offer some helpful tips and advice regarding your child's physical and mental well-being.

**Diet** – Although it may be tempting to give your children treats to compensate for them being inside, this obviously has an affect on their physical health. [Change4Life](#) has some healthy treat ideas that you can use.

Another way that you can make healthy treats more interesting is by making them together. Cooking together is a great form of learning and a great way to build positive relationships, essential for maintaining family well-being.

**Exercise** – Children and young people ideally need to be active for at least 60 minutes a day. We understand that this can be difficult with current government guidance. Outdoor activity is ideal; however, there is a range of indoor games and activities you could plan. [Change4Life](#) has some ideas of activities that you can do inside. There are lots of free online classes such as [PE with Joe Wicks](#) and [Cosmic Kids Yoga](#) that can be built into your routine.

### How Much Physical Activity Should Children and Young People Aged 5 to 18 do to Keep Healthy?

Children and young people need to do 2 types of physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

Children and young people aged 5 to 18 should aim for an average of at least 60 minutes of moderate intensity physical activity a day.

They should take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones

They should reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread this activity throughout the day. All activities should make you breathe faster and feel warmer.

[NHS UK](#)

**Sleep** – Sleep is really important for both mental and physical health. Your child is unlikely to be using as much energy as normal and therefore they are unlikely to feel as tired in the evening. Even though this may be the case, try to stick to a normal sleeping schedule as much as possible as it will benefit both you and them in the long run.

It is recommended that Children aged 3 to 5 years have 10 to 13 hours sleep including naps.

Children aged 6 to 12 years should have between 9 and 12 hours sleep.

On top of this, it is good for parents to have a bit of time to themselves in the evening after bedtime for younger children. We appreciate this is easier said than done!

Screenshots





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### **How to help your child stay emotionally healthy.**

Anxiety is normal. We all experience it at times, it is needed to help us function, explaining this to your child can help reassure them and encourage further conversations.

### **5 Ways to Well-being**

1. **Connect**– Spend time with family and friends. Enjoy doing things together. Talk to family, friends or teachers if you have lots of worries.
2. **Be active**– Exercise is good. It makes you healthy and makes you feel good. You need proper rest and avoid digital devices for at least an hour before bedtime.
3. **Keep learning**– Try something new. Try a new hobby, visit somewhere new or make a new friend.
4. **Take notice**– Take a break to see how you feel. Relax and look around you or listen to music, take a few deep breaths.
5. **Give**– Do something for a friend or relation/adult, as well as making them feel good, it can make you feel good too.



### **Limit Media Exposure and Talk About it**

Media coverage on the current COVID situation can be everywhere. Even if the TV isn't on, children and young people are likely to come into contact with it through their online devices such as tablets and/or mobile phones.

Like adults, children and young people can become more distressed if they see repeated media coverage about Covid-19. If you can, rather than ban them from viewing it, try to limit their exposure to the media and talk about it with them. Doing this will decrease the chances that their imaginations taking over and create situations that are likely to be more stressful. This can also help keep your own anxiety levels under control.

### **Mindfulness Activity Resources**

Twinkl do many great resources for children, this link will take you to their mindfulness activities you or your child could do. [Click here](#)

Teaching ideas also have great resources that you could use that support mindfulness. [Click here](#)

### **Helpful Resources:**

Please watch this video from SSS Learning which gives helpful tips to improve your child's mental health. [Click here](#)



The Anna Freud NCCF have produced a fantastic booklet that also offers helpful advice for parents, [click here](#).

### **Prayer to St Raphael, Patron Saint of Health**

O Glorious St Raphael, heal the many infirmities of my soul and the ills that afflict my body and the great grace to purity to prepare me to be the temple of the Holy Spirit.

Amen.

