



April Edition 2022

A big Hello here from Rufus!

I hope your term has been great so far. It's Spring now and I've been out and about enjoying nature. My Mum tells me off because I like to walk through the daffodils but I just can't resist that golden yellow colour. I love seeing all the animals and birds and I always take time to notice them. Life moves pretty fast. If you don't stop and look around once in a while, you could miss it.

Did you know that this month celebrates Earth day. On the 22nd of April this event raises awareness of environmental issues that affect planet Earth. We can all do our bit at school by using the recycling bins in classrooms and putting our litter in bins when we have our lunch. I know there are lots of bins around school and I'm happy that most people use them. We all need to keep our school tidy so remember to put any rubbish straight in the bin.

Enjoy the break when we get there and look after yourselves. Look forward to seeing you around school.

Rufus



Spring Recipes...

Healthy Veg Patch Hummus

Ingredients

1 x 400g can chickpeas	2 tbsp tahini
½ lemon, juiced	250g baby carrots
1 garlic clove, crushed	1 pot of parsley

Method

1. Put the chickpeas, lemon juice, garlic, olive oil and tahini into a food processor and blitz to a smooth consistency. Loosen with 1–2 tbsp water if it seems a little thick.
2. Make a hole in the top of each carrot with a skewer or by cutting a small hole with the tip of a sharp knife. Dab a small amount of hummus into the hole and push in a small sprig of parsley.
3. Spoon the hummus into thoroughly cleaned small, plant pots or bowls and push in the carrots. Let the children dunk into the hummus with the carrots.



Easter Egg Blondies

Ingredients

250g cold unsalted butter	1½ tsp vanilla extract	pinch sea salt
150g light soft brown sugar	300g plain flour	225g mini chocolate eggs
125g caster sugar	2 large free-range eggs	

Method

1. Preheat the oven to 190C/170C Fan/Gas 5. Grease and line a 20cm square loose-based cake tin with baking paper.
2. Melt butter in a saucepan over a medium–low heat. Stir in both sugars and cook until the butter is absorbed, turns a creamy toffee colour and looks smooth and glossy. Take off heat and set aside.
3. Whisk eggs, vanilla and salt together in a large bowl. Whisk in the melted butter and sugar mixture until thoroughly combined, then whisk in the flour until smooth. Pour the batter into the prepared tin and bake for 20 minutes.
4. While the blondie is cooking, cut 125g of the chocolate eggs in half. It's best to use the heel rather than the tip of the knife and work with just a couple of the eggs at a time.
5. When the 20 minutes is up, take the blondie out of the oven and scatter the halved and whole chocolate eggs on top. Carefully press the eggs into the blondie mixture and don't worry if the surface cracks a little. (Take care as the sides of the tin will be hot.) Return to the oven for a further 10 minutes or until the blondie is pale golden-brown.
6. Cool the blondie in the tin for at least 10 minutes before cutting into squares. Serve warm or cold.



Fun ways to add activity to your Easter



Easter is almost here, so why not hop to it and figure out a way to get the kids active over the holidays? Short of simply hiding the eggs really, really far apart from each other, here are some fun ways to add some activity to your Easter:

Egg rolling

Do you know what an egg roll is? No, not those crispy appetisers at a Chinese restaurant. This other kind of egg roll is an Easter tradition that's different from culture to culture and family to family.

Simply boil a bunch of eggs, have fun decorating them, then pack them up and bring them to a park with a big hill. From the top of the hill, players can take turns rolling their eggs down. The egg that travels the furthest wins. You can invent rules as we go, so there's always lots of running (and rolling) up and down the hill.

Active egg hunt

With older kids, a classic egg hunt might be activity enough if you challenge them with finishing times, quantities collected, or even make it a race. Only you know if your children are ready to handle a little friendly competition, and if they are, it's a great way to intensify the egg hunt.

Obstacle course/ relay race

Set up a simple obstacle course in the garden or even the living room and give it a fun Easter theme. Lots of hopping, eggs on spoons, egg throwing and catching, and maybe even some bowling with a hard-boiled egg to knock over the pins.

Bunny hop

Have a dance party. Whether you are at a big family gathering or it's just you and your children, there's nothing like some good old-fashioned dancing. Turn on some favourite tunes and everyone can show off their best moves. And if you really want to include that famous rabbit-y dance? Then this tutorial will show you, step-by-step, exactly how to do The Bunny Hop.



Leapfrog/Bunny game

Leapfrog is always a fun family game. Pretending to be bunnies instead of frogs makes it perfect for Easter.



Talking to Your Child About the War in Ukraine

The recent Russian invasion of Ukraine has taken over media attention; it's hard not to be filled with uncertainty every time you look at your phone.

Here you will find support guide created by online specialists with top tips on helping your child cope with distressing news.



Having Supportive Conversations

Having supportive conversations about sensitive topics with children and young people can be difficult, but it is so important! A key part of a child's emotional development is being able to understand and express how they feel. This way they can learn to process, cope, and manage other difficult feelings and situations as they grow.

WHAT to say

- ☞ Decide what you want to share.
- ☞ Consider what they might already know.
- ☞ Stick to simple, honest facts.
- ☞ Be prepared to discuss difficult questions.

HOW to say it

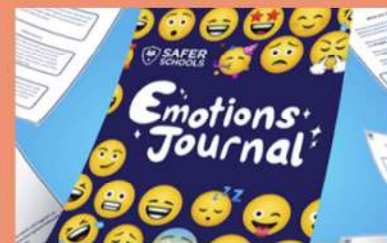
- ☞ Tailor your approach to age and capacity.
- ☞ Use clear, simple language and avoid alarming terms.
- ☞ Actively listen and be honest in your responses.
- ☞ Ask open questions.
- ☞ Stay calm, reassuring, and interested.

WHEN to say it

- ☞ Timing is everything.
- ☞ Choose a nurturing environment if possible.
- ☞ Make sure that needs are met (not tired, hungry, cold, upset, or distracted).
- ☞ Watch for visual cues.
- ☞ Make time for undistracted conversation.

Free Printable: Emotions Journal!

Click [here](#) for a free printable resource to help the young people in your care build their emotional intelligence through a daily journal.



Benefits of Getting Fresh Air

- 1) Fresh air is good for your digestive system....
- 2) Fresh air helps improve blood pressure and heart rate....
- 3) Fresh air makes you happier....
- 4) Fresh air strengthens your immune system....
- 5) Fresh air cleans your lungs....
- 6) Fresh air gives you more energy and a sharper mind!



Diversity at Wildern

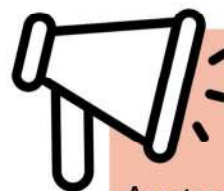


Empathy

To understand and put yourself in someone else's position.

This is an important part of life, since it helps us to build relationships and be kinder to others.

Try to use empathy in your day to day life - think about how others might be feeling and act accordingly, remember, you may not know the whole story.



Diversity in the news

Australian Air Force bans the word 'airmen' and now uses gender neutral 'aviator'.

Pride in London to return for the first time since the pandemic.

Study says there is now a record breaking number of lgbt+ characters on tv.

Films you might like



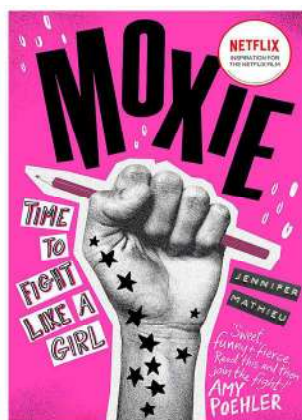
Wonder (2017)



Man like Mobeen (2017)



Hidden Figures (2016)



Moxie (2021)



Upcoming Events

1st day of Ramadan 01/04/22 - Month of fasting, prayer, reflection and community for Islam religion.

Autism Awareness Day 02/04/22 Spreads awareness about Autism Worldwide.

Good Friday 15/04/22- Christian holiday commemorating the crucifixion of Jesus.

We are committed to promoting and protecting emotional wellbeing and mental health in our whole school community.

Visit the Wellbeing Hub on the Wildern School website to find support and advice



www.wildern.org/mental-health-and-wellbeing/

P.A.C.E.

2022

PARENT, CARER & PROFESSIONAL EVENTS

11th May 2022, The Arc, Jewry Street, Winchester, SO23 8SB

A free health & wellbeing event for parents, carers & professionals who support or work with young people.

Attendees can choose which sessions they would like to attend. From a number of specialists workshops on emotional health and wellbeing and information stands from local and national organisations.

Room/ Time	Learning Room 2 (40)	Performance Hall (170)
9:45 – 10:45	Helping boost body image and self-esteem - Dr Emily David	Teenage Turmoil: Teenage development and mental health - Dr Natalie Roberts
11:00 – 12:00	CARE (Coping And Resilience Education) - Dr Emily David	Crisis and Self-Harm - Dr Jenni Eeles
12:15 – 13:15	Supporting a child with eating difficulties - Lucy Fielder	Autism Awareness - Dr Catherine Robson
13:30 – 14:30	Managing ADHD - Lizzie Christie	Anxiety Management - Hope Hodgson-King
14:45 – 15:45	CARE (Coping And Resilience Education) - Dr Emily David	Crisis and Self-Harm - Dr Jenni Eeles
16:00 – 17:00	'Let's talk about Death'-Supporting children and young people to talk about bereavement - Simon Says	Teenage Turmoil: Teenage development and mental health - Dr Natalie Roberts
17:15 – 18:15	Supporting children and young people with their Digital Safety – OPCC Cyber Ambassador Scheme	Anxiety Management - Hope Hodgson-King
18:30 – 19:30	Managing ADHD - Lizzie Christie	Autism Awareness - Dr Catherine Robson



Hampshire Parent Carer Network (HPCN) offers parent carers of children and young people aged 0-25 with any additional need the opportunity to work together with the services that support their child or young person.

HPCN Future in Mind sessions are available to Parent Carers who have any concerns about their child or young persons mental wellbeing.

FUTURE IN MIND

Information for Professionals



There are 7 sessions a month Based in 6 of the CAMHS Centres across Hampshire; Basingstoke, Hart & Rushmoor, Winchester & Test Valley, Eastleigh, Fareham & Gosport and Havant.

For session dates, times & venue or zoom codes, please contact marybaldwin@hpcn.org.uk

Get Togethers

Parent carer sessions offering an opportunity to share experiences and ideas with other local families. A SENDIASS Worker attends every session.

Future in Mind

Mental Health focused parent carer sessions, in collaboration with the Child and Adolescent Mental Health Service. A CAMHS Clinician attends every session.

Sharing a Voice

HPCN Reps are invited to attending strategic meetings with the Education Dept, Health, Childrens Services and other services to share our lived experiences.

Events and Workshops

HPCN works co-productively with organisations and agencies, in order to share information and offer feedback.

Active April 2022

MONDAY



4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try a new online exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

TUESDAY



5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

WEDNESDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

THURSDAY



7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

FRIDAY

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

SATURDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

SUNDAY

3 Listen to your body and be grateful for what it can do

10 Have a day free from TV or screens and get moving instead

17 Be active outside. Dig up weeds or plant some seeds

24 Get active in nature. Feed the birds or go wildlife-spotting



ACTION FOR HAPPINESS

Happier · Kinder · Together