

Welcome to our Wellbeing Newsletter.

Hi everyone,

Welcome to the March edition of our Wellbeing Newsletter.

The past year has seen so many challenges and obstacles for the young people and the way they have been educated has altered so much, so it was with great interest to hear the government's announcement that all students are to return to full time education from March 8th.

In my role it's been clear to see how many of them have attacked this with a determined and positive attitude and it has been clear that everyone is looking forward to hopefully the return of a 'normal' life by the end of this academic year.

Whilst I know many will have some concerns about returning, we as a school and Student Services in particular cannot wait to see everyone and to hear about how they have been getting on and helping them to begin to look forward and the many, exciting things they will soon be able to do.

The school has been so much quieter without everyone in and it is going to be fantastic to have it buzzing with activities, life and learning again.

We know there is much to do to support our students on their return and we will do our utmost to make sure this transition back is as smooth and worry free as possible. With this in mind I for one am excitedly looking forward now to see what 2021 can bring!

Please do continue to email us at wellbeing@wildern.org if you would like to see some suggestions of websites you could visit for support or advice in April's newsletter.

Kind regards
Mrs Thomas
Head of Student Services

'Every Mind Matters, Every Person Counts'

YOUNGMINDS

Top tips for coping with isolation

1. Keep a daily routine going as much as possible, while also allowing for the fact that things will be different and trying not to give yourself a hard time about this. A meal planner might help to structure your days, breaking up the time and giving your family regular opportunities to gather together.

2. Get some fresh air and exercise together every day - whether that's walking, running, scooting, skipping, doing an online workout or an egg and spoon race in the garden! This is really important for wellbeing and helps to lift our mood. The government is currently advising that people can go outside with people they live with once a day for exercise - as long as no-one in the household is showing symptoms or has a condition that means they need to isolate more strictly.

3. Connect online with family and friends. Having contact with our support networks is really important at the moment - and you and your children can keep in touch with people using free apps such as WhatsApp, Facetime, Zoom, Skype, Google Hangouts and more. If you're in touch with other parents from your child's class, can you come up with some ideas together for staying connected?

4. Search online for free activities your children can join in with virtually - helping them stay entertained and giving you opportunities for a quick break. You can find free online classes for young people in dance, PE, workouts, science, yoga and more. For more activity ideas and suggestions on how you can use this time together to start a conversation with your child about their mental health during these uncertain times, have a look at our page on activities and conversation starters during the coronavirus pandemic.

5. Make a boredom jar. Ask your children what their favourite indoor activities are and write them to make a lucky dip or boredom jar. Write their ideas down on strips of paper and keep them in any container you've got, such as a bag, bowl, jar or hat. In moments of boredom or struggle, invite them to choose something they know they enjoy doing. Depending on their age, activities could include crafting, making playdough, dressing up, baking or cooking, watching their favourite film or playing a video or board game with you.



Welcome to EYCS - Eastleigh Youth Counselling Services

Counselling can give you the opportunity to talk about any worries, concerns or difficulties and the service is **free** and **confidential** for those aged 11 to 19.

At EYCS the counsellors are specially trained to listen and support you through tough times. They can help you work at the changes you want to make. All EYCS counsellors are members of the British Association of Counselling and Psychotherapy (BACP).

Next step...
Call or text on 07879 761660 or email eycs@wildern.sch.uk

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