

Wellbeing Newsletter

Many of us have been planning for slowly increasing numbers in schools in a safe way and it's even more important now than ever that we practice good self-care and factor down-time into our day whether we're working from home or in school.

We've also now added a SEND section on our COVID-19 section of the website, and you can find some of the resources we've included below thanks to Melland High School. Our new CPD brochure listing all of our courses for next academic year, including those focussing on mental health and wellbeing plus a session on COVID-19 and supporting student mental health, is now available <https://tinyurl.com/y8yue7jh>

As always if you need any support with anything, please let us know.

Lisa Fathers

@lisafathersAFL

Director of Teaching
School & Partnerships lfathers@aggs.bfet.uk

Starline

Lisa Fathers shares her expertise about how to support teenagers during lockdown on the national **Starline YouTube channel...**

Supporting those dealing with bereavement and grief during the Coronavirus pandemic

'Dealing with the death of a loved one is one of the most difficult emotional experiences that we can have in life, and the current situation related to COVID-19 may complicate and exacerbate an already difficult situation for some.'

Dr Adam Rumble, Educational Psychologist, part of the Educational Psychology and Specialist Outreach (EPSO) team for Bright Futures Educational Trust offers his advice for supporting those dealing with bereavement and grief during the Coronavirus pandemic.



[Read the full story here >>](#)

Wellbeing recipe of the week

Pain au chocolat tasty treats

For a delicious breakfast or treat try this recipe from Mrs Roscoe at Melland High for a quick pain au chocolat. Why not ask some helpers to bake them for you?

[The recipe >>](#)



Why kindness will be key in the recovery from Coronavirus

"Compassionate leadership will be essential to ensure our young people and colleagues have the space to rebuild relationships, heal the sense of loss and explore a programme of personalised and holistic recovery. There will be more opportunities for partnership working to continue the foundations we have already laid, sharing resources."



In case you missed it you can read Lisa's blog on kindness for Mental Health First Aid England here:

[Read the full blog here >>](#)



How Instagram is being used as a wellbeing tool at Falinge Park High School in Rochdale.



Fozia Najib (mental health lead) and Kiran Malik (social media manager) explain:

"It was amazing to see that some of the pupils who had not interacted with us on Google Classroom joined the Live session and it felt really good to know that they wanted to see us and in some cases chat."

[Read the full blog here >>](#)

SEND resources

Thanks to Melland High School for collating these SEND resources and some information you may find useful.

An easy to use guide to 'Immersive Reader'

This is a full screen reading experience to increase readability of content in Microsoft Word and Outlook. It is designed to support students with dyslexia and dysgraphia in the classroom but can support anyone who wants to make reading on their device easier.

Autism Learning Blog

A new blog from Marie Howley who has over 30 years of experience working with children, young people and adults who are autistic and their families. She is a senior lecturer at the University of Northampton.



And next comes L!

The blog includes lots of ideas for dealing with anxiety, speech and language and social stories.

Useful links:

A COVID-19 Support line for BAME communities from NESTAC, a charity specialised in the provision of cross-culture emotional support is available across Greater Manchester. The service is for BAME communities who are:

- Recovering from COVID-19 or are self-isolating
- Relatives and friends of those suffering from COVID-19
- Bereaved relatives and friends of a deceased COVID-19 person
- BAME women and girls victims of abuse and violence

07862 279289 / 07894 126157

Ear for you
 Covid-19 Support line for BAME Communities
 A Greater Manchester wide service.

Who we already serve:
 Those of South Asian, Pakistani, Bangladeshi, African, Caribbean, Chinese, Pakistani (BAME)

Why is this service necessary?
 Covid-19 related emotional support for BAME families is limited in Greater Manchester (GM)

Who can call:
 • Anyone in Greater Manchester who are:
 • Recovering from COVID-19 or are self-isolating
 • Relatives and friends of those suffering from COVID-19
 • Bereaved relatives and friends of a deceased COVID-19 person
 • BAME women and young girls victims of abuse and violence

Who we can't:
 • People not located in the Greater Manchester area
 • Professional support: Psychiatrists and Psychologists
 • Medical support: Free prescriptions added to local cultural centres
 • Community support: substance workers

What we provide:
 • Advice, guidance and support relating to COVID-19 matters
 • Crisis and emotional support related to you, your family and your loved ones
 • Individual and Group Therapy sessions
 • Online language lessons
 • Advice, guidance and support provided in verbal languages including: Somali, Urdu, Hindi, Punjabi, Bengali, Arabic, Polish and more.

07862 279289 / 07894 126157
 You can also visit the [www.earforu.org.uk](#) website and look for more.
 Open hours: Mon-Fri 9am-5pm
www.earforu.org.uk

Find local mental health support:

MENTAL HEALTH SUPPORT IN YOUR AREA

Use the map below to find out what services are available in your area, and who you can contact for more information.

BOLTON
 MANCHESTER
 ROCHDALE
 STOCKPORT
 TRAFFORD
 BURY
 OLDHAM
 BALFORD
 TAMESIDE & GLOSSOP
 WIGAN

You can now search for support by locality on the Greater Manchester Health and Social Care Partnership [website](#). A list of local helplines are also available.

If you're struggling to sleep or simply want to introduce more mindfulness to your daily routine, try the [Insight Timer App](#) for guided meditations, podcasts, music and more.

For tips to improve low mood from the NHS, [The Every Mind Matters](#) section on the site includes helpful videos for re-framing negative thoughts and how to improve sleep.

Coronavirus – a poetic view from our students

Thank you to Naeema and Dylan at Oasis Academy in Oldham for sharing two poems that offer a privileged insight into the world at the minute through the eyes of our young people.

<http://allianceforlearning.co.uk/covid-19/poems/>