

Wellbeing Newsletter

We continue to hear so many heart-warming stories of how our schools and individuals within our network are helping others and the wider community, from student wellbeing ambassadors creating their own newsletters, to schools delivering food packages to families in need and sending messages of happiness to care home residents, despite everyone experiencing their own challenges.

This week is Children's Mental Health Week (1-7 February), set up by one of our partners, Place2Be, to shine a spotlight on children and young people's mental health. This year the theme is 'express yourself'. This year we are focusing on how we can help children to explore the different creative ways that we can share our feelings, thoughts or ideas. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good. These are just some ideas on how we can help children to **express themselves**, for more FREE resources for schools, parents and community groups please visit the **Place2Be website**. Take a look and help someone to 'express themselves' today.

We hope that amongst all the uncertainty, you are taking time for yourselves. You may have already seen that we recently launched a visual arts competition to capture this period in our lives. We'd love to see your photos highlighting how you are keeping active and fit in your home, out and about or in your garden or school, we welcome entries from colleagues, teachers, children and parents

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Why hope will play an important role in the road to recovery

As teachers and education colleagues our role is to be with children and young people, to help them have the best learning experiences to inspire and motivate, also offering security to a degree. In the current climate we have been doing our best and over the last three months or more, we have been on a rollercoaster journey of emotions.

Many of us have experienced fear, sadness and even anger or guilt because of the situation we have found ourselves in due to the pandemic. Now we must focus on the powerful emotion that is hope.



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

Power snacking from our wonderful partner Manchester Stress

Protein helps us to feel fuller for longer so here are some great healthy protein snack ideas to help keep you energised and focused all day.

- Greek yoghurt with walnuts and grated apple (delicious!)
- Celery sticks with almond butter and raisins
- Hummus with veggie sticks
- Sardines or tuna on crackers or oat cakes
- Cottage cheese with pine nuts and bread sticks
- Edamame beans (make sure they are cooked first!)



Just when we think we're adjusting to the roller-coaster that is lockdown, we're hit by a 'Dip Day'

This article in the Huffington Post explains more about low mood days and what we can do to try and get through them.

www.huffingtonpost.co.uk

Childhood Bereavement

On average, 1 in every 29 children will be bereaved of a parent. That's one in every class. This is before the Covid-19 Pandemic. Now we have a situation with many children having lost someone they love recently including lots of grandparents.

Children and young people need support from the school community to ensure that they can cope with their grief. That's why it's vital that teachers and staff understand how to support the grieving children and young people in their school.

Our next session will run on 21 April - to book <http://allianceforlearning.co.uk/cpd/mental-health/childhood-bereavement/>



Emotion Coaching

Emotion Coaching provides a value added dimension to behaviour management strategies and creates opportunities for long term solutions to children's wellbeing and resilience. Emotion Coaching has an evidence base that children achieve better educationally and socially if teaching staff are trained in it. Our next session will run on 27 May – to book:

<http://allianceforlearning.co.uk/cpd/mental-health/emotion-coaching>

Developing School Mental Health Policy – Masterclass

This Masterclass will enable the mental health lead or SLT member to design and run a mental health briefing or short training session for their staff. Delegates will leave with clear development aims they want for their staff and a plan as well as sample resources that they can draw on to run meet these aims. As all schools are at different starting points, delegates will design a workshop relevant to their school.

Our next session will run on 19th May – to book:

<http://allianceforlearning.co.uk/cpd/mental-health/developing-school-mental-health-policy-masterclass/>

Beelieve in Greater Manchester

Mental health charities from across Greater Manchester have teamed up to create a new campaign, Beelieve.

The initiative will provide mental health support during and after the Covid-19 outbreak. **#BeelieveGM** will provide emotional, therapeutic and practical help when and where it's needed.

It is supported by Mancunian band 'The Lottery Winners' who are donating all profits from the sale of their new single, Love Will Keep Us Together and related merchandise.

Beelieve

Visit the website >>

Useful links:

For children and young people

A coronavirus social story

From The Autism Educator referencing social distancing and why we are unable to visit favourite places.

www.littlepuddins.ie

Talking to children about the coronavirus

A view from the British Psychological Society.

www.bps.org.uk

For adults

Living Life To The Full delivers online courses for people affected by low mood, anxiety or depression using cognitive behavioural therapy concepts. Materials have been designed to boost an individual's ability to live well.

Starline is a national home learning helpline offering expert information and advice to parents and carers.

www.starline.org.uk

The GM Health and Social Care Partnership Covid-19 hub now has a Mental Health in Education section.

www.hub.gmhsc.org.uk