HARDEN PRIMARY SCHOOL
Long Lane
Harden
Bingley
West Yorkshire
BD16 1LJ

BELIEVING . ACHIEVING . SUCCEEDING

HARDEN primary school

3rd February 2021

Dear Parents/Carers,

As you may know, it is children's mental health week this week and we feel as a school that it is important to look after everyone's mental health. The staff will bring some of the activities and discussions into their live team's sessions and into their weekend wellbeing activities.

We are also conscious that with the online learning that school are providing, the children and staff are spending more and more time looking at a screen. The senior leadership team have met together and have decided that we need to do something further to continue to look after the wellbeing of children, staff and parents by having a screen free time. Fridays will now be known as 'Fun Fridays'. The staff will conduct a 'teams' session at their usual time in the morning to either set the day up or discuss the activities so far that day and then limited activities will be available on Seesaw/Tapestry for the morning. This will include a fun math challenge and a creative writing activity using a picture as a stimulus. For the afternoon, we will provide a menu of activities to choose from that will not require the use of a device and this will be the screen free time. These will include creating, building and physical activities that children in different year groups can do together. These activities do not need to be posted on seesaw or emailed to your class teacher instead they can be shared on the 'teams' session on a Monday morning. There is no expectation as to how many activities need to be completed and the menu will last until Easter.

Please find attached the menu of activities that you can print off to have at home ready for 'Fun Fridays'. We will also have some copies already printed off at school so feel free to pick up a copy if you prefer. Please also find attached an information leaflet to help your child if they are struggling during lockdown.

We are hoping that 'Fun Fridays' are just that – fun, and help to bring some happiness into this difficult time. If you want any more information or just have a chat with anyone, we are always at the end of a phone.

Look after yourselves and stay safe.

Yours sincerely

Kirsty Hutchinson
Headteacher

SPORT ENGLAND   Healthy Schools   INVESTORS IN PEOPLE   International School Award INTERMEDIATE   fmsis Financial Management Standard in Schools

Screen-free Fridays

Marvellous Makers	Design/Make an outfit for a character of your choice (eg. Sports star, pop star, super hero etc)	Build a den in your house or garden	Make a boat to float in the sink or bath	Make a sock puppet	Build using lego, playing cards or dominoes (etc) - Can it represent a famous landmark?	Paint a pebble or use natural resources to create a nature collage	Draw a picture on the inside of a cereal box and cut it up to make a jigsaw
Chef Time	Design/Make a chef's hat	Make some delicious wholesome soup	Chop up some healthy food for a smoothie	Bake some yummy buns or cakes	Prepare a sandwich, wrap or toasty	Mix some batter, pour it in the pan & toss your own pancakes	Create your own cookies or biscuits
Ready, Steady Read	Create a story bag by collecting items from your house. Then retell your story afterwards	Read a recipe or some instructions to complete an activity	Create a bookmark for you and someone else in your family	Can you learn a poem by heart to read aloud?	Turn your favourite story into a comic book	Read a description of a character in a book and draw a picture of them	Read a story or section of a book to someone in your family/bubble
Fitness Fanatics	Have a family disco with your family - you could write a playlist of songs!	Go on a walk/run/ride with someone from your household	Make an obstacle course - check it's safe with a grown up!	Pretend to be Joe Wicks and lead a fitness workout	Take 200 steps around your house and/or garden	Throw and catch a ball as many times as you can without dropping it - what's your record?	Sit down on the floor and stand up straight again 20 times - how long does it take you?
Feeling Valued	Draw around your hand and decorate each finger with something you're good at	Make a phone call to someone who might be lonely/ a distant relative	Write a card/letter to someone just to say 'hello'	Teach someone else how to do something	Tidy your room or a helpful chore	Write a list of things you are grateful for (can you do this for every letter of the alphabet?)	Make a thank you card for someone who helps us

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

HELP! HELP!

❶ Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.

❷ Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.

❸ Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.

❹ Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.

❺ Keep children learning

Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.

❻ Limit screen time and mix up activities

As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.

❼ Help your child manage stress

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.

❽ Expressing feelings doesn't have to be face-to-face

Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.