

## Wellbeing Wednesday!!

Mrs Wood has asked that we forward a few important links to you all. They will help you to help your child 'stay safe and well' at this time.

## Internet Safety



### Child online safety during lockdown: where to report

With children spending more time on the internet during lockdown, it's more important than ever to help them understand how to stay safe and the best reporting and support routes, should they be worried about something online.

You can access the new guidance for parents and carers designed to help manage some of the challenges here:

<https://www.thinkuknow.co.uk/globalassets/thinkuknow/documents/thinkuknow/parents/pdf/thinkuknow-parents-helpsheet-primary.pdf>

There are **#OnlineSafetyAtHome** packs available for you to download. These contain new activities to use at home to help develop the children's understanding of online safety.

Access them here:

**Year 1 & 2** - <https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/5-7s/>

If you have any concerns as a parent, you can follow this link - [new ParentInfo article](#) - which signposts to reporting, advice and support services available for children and their families.

### Managing mental health and wellbeing: advice for families

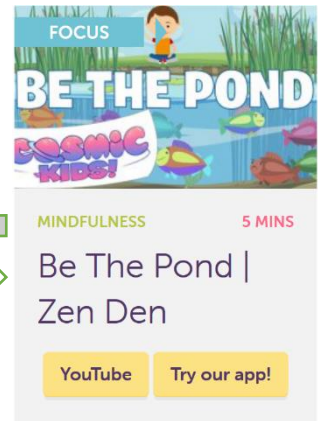
As parents or carers, you may be concerned about the impact of COVID-19 on your child's mental health and wellbeing

There are lots of helpful [Parent Info](#) articles to explore how you can support your child's safety and wellbeing if you follow the link above. Two new ones to specifically help with mental health, and to highlight things you can do to manage the wellbeing challenges of family life under lockdown are:

- [Surviving family life under lockdown](#)
- [Where can your child get mental health support online during lockdown](#)

## Mindfulness and Relaxation

We like to work on our mindfulness and relaxation with Cosmic Kids. If you look under the image, it tells you the focus of that video in green lettering



Here's the link to take you there.

<https://www.cosmickids.com/>

If you go to 'watch' at the top, it takes you to the videos.

We hope you find these useful.

Take care and stay safe!

Mrs Roberts, Mrs Barker, Mrs Haygarth, Miss Lawson & Mrs Taylor.