

Wellbeing Resources

January 11th 2021

A Caring, Respectful and Open Environment, where Success and Opportunity flourish



Please find a selection of WELLBEING resources for learners and parents. Click on the links for more information.

Please visit our website
www.pentrepoethprimary.co.uk

Kind regards,
Cofion cynnes,

Dean Taylor



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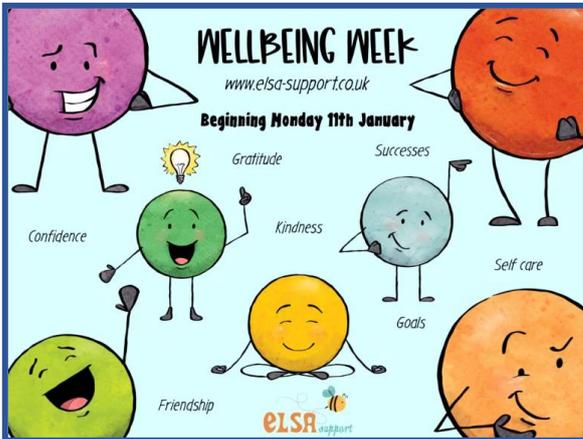
Deputy Headteacher: Tina Jenkins B.Ed. (Hons)

Wellbeing

Monday January 11th 2021



Dear Parent and Carer,
Annwyl Rhieni,



ELSA

As we enter into this next period of lockdown and online learning, I thought it would be useful to bring together some resources that help support children's wellbeing.

As well as continuing with our monthly school values, we will be using the wonderful resources from Elsa. These daily PowerPoint resources will provide excellent starting points for conversations with your children – I really like the way they are structured. All staff will be aware of them and they could provide a talking point

for conversations in some live Teams sessions when we start them.

Excerpt taken from the Elsa website....

Elsa's **Wellbeing characters** are ready to teach pupils all over the country. Each day has a focus to help pupil's wellbeing.

- **Mondays** we look at being 'mighty'

The focus is on bravery and confidence. Pupils will focus on that strength of character and will find ways to increase their confidence and bravery.

- **Tuesdays** we look at being 'thoughtful'

The focus is on being thoughtful and kind. How they can help others and think about other people's feelings.

- **Wednesdays** we look at 'wishes'

The focus is on goals and wishes. How they can set a goal and reach that goal. How that will make them



feel.

- **Thursdays** we look at 'thankfulness'

The focus is on gratitude and looking for those little things we appreciate. This will help their positive outlook on life.

- **Fridays** we look at 'friendship'

The focus is on friendship and how connecting with friends is important for their wellbeing. It will also look at qualities of friendship.

- **Saturdays** we look at 'self-care'

The focus is on looking after minds and bodies by doing things that make them feel good.

- **Sundays** we look at 'successes'

The focus is on celebrating their achievements that week. If you look hard enough there is always something to be proud of.

For week one the PowerPoint starts with the character, moves onto vocabulary, then activities which only need paper and pencils. It ends with affirmations. This will change slightly each week. There are plans for 3 weeks worth of PowerPoints and that will be reviewed and extended if needed.

You will find links added below the day before they are needed. The link will show as orange once active.

WEEK 1

- January 11th download: **Mighty Monday**
- January 12th download: Thoughtful Tuesday
- January 13th download: Wishes Wednesday
- January 14th download: Thankful Thursday
- January 15th download: Friendship Friday
- January 16th download: Self-care Saturday
- January 17th download: Success Sunday

The link to the daily resources will be available via our website class pages and also on the Google Classroom and See Saw platforms.

Click [here](#) to take you to the ELSA daily wellbeing resources.

Take a look at the Elsa website where there are lots of free resources and games that you can use with your children. Visit the website by clicking [here](#).

Health and Wellbeing

During the Coronavirus outbreak you can support yourself by:

- Not** watching the news!
- Getting fit and healthy – healthy food, drink water, get some vitamin D from the sunshine. Do some exercise!
- Use mindfulness and calming techniques if you feel worried or anxious.
- Remind yourself that feelings don't last. They come and go!
- Talk to someone if you feel worried.
- Do lots of positive things and change those negative thoughts to positive ones.
- Connect with friends through social media, telephone, text, or video chat.
- Plan your days and have routines in place.
- Make sure you use strict hygiene. Wash those hands regularly and keep a social distance of 2 meters from anyone not living in your home with you.
- Remind yourself often that this will end. There is hope!
- You are not alone. Everyone is going through this too and you can help each other.
- Make sure you take time to relax and unwind. Do something you enjoy!





Values



We will continue to focus our assemblies around our Values – you can find our daily assemblies via the school website. www.pentrepoethprimary.co.uk

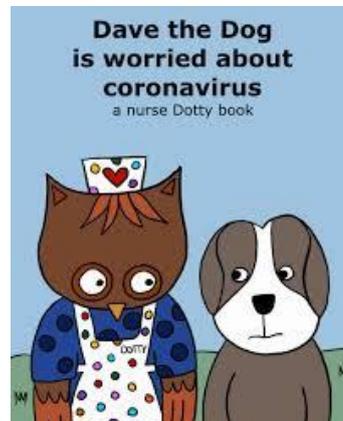
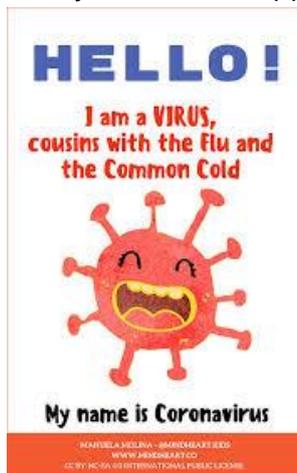
A value is a principle that guides our thinking and behaviour.

Our January PowerPoint is focussed on the value of **DETERMINATION**. Click [here](#) to view or download the resource. Each month I will upload a new PowerPoint for children and parents based on the value for that month.

Values Based Education have released a series of family vibe leaflets that are packed with discussion points and resources. This one is related to DETERMINATION. Click [here](#).

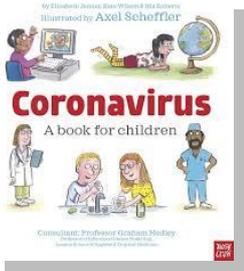
Resources

There are also a number of books and video clips that allow you to chat about the current situation, including what coronavirus is, how to help with children's worries and explaining social distancing. Click on the links below the pictures. Use if you think it is appropriate for your child. Read through yourself first!



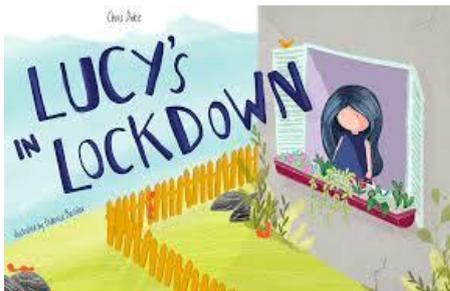
Click [here](#)

Click [here](#)



Nosy Cow has announced this free digital resource. This book aims to answer key questions about the virus for five to nine year olds. Click [here](#) to read the book. The publisher is asking readers to make a donation to the NHS if they found the book useful by clicking [here](#)

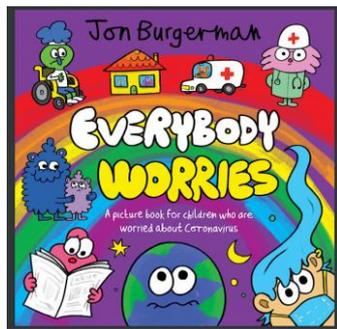




Click [here](#)



Click [here](#)



Click [here](#)



Click [here](#)

Some other useful links.....

Please look on the Wellbeing pages in the drop down boxes of the Home Learning tab on our school website for a wide range of links and resources. Here are a few useful links:

Tips for teens and children who are worried about coronavirus

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Advice from BBC Newsround for teens and children who may be upset by the news

<https://www.bbc.co.uk/newsround/13865002>

A good, basic and illustrated explanation for under 7s – downloadable in 22 languages

<https://www.mindheart.co/descargables>

A social story for children and young people who may need things explained in simple terms

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Looking after mental health

<https://www.mentalhealth.org.uk/coronavirus>



Click [here](#) for a newsletter from Newport Mind.

Click [here](#) for a range of useful resources for lifting up I lockdown from Mind.



Rights

For more information click [here](#).



Know Your Rights!

The Children's Commissioner for Wales is there to make sure that all children and young people in Wales find out about their rights. These rights are the things that children need to be safe, healthy and happy. The United Nations has a list of all the rights that children have. This list is called the UN Convention on the Rights of the Child, or UNCRC for short.



To make sure that you get your rights the Commissioner has five super powers, they are to:

- Listen to what you have to say.
- Speak up about things that are important to you.
- Tell you about your rights.
- Help to make sure that you get your rights.
- Talk to you if you have a problem.



This is a lot of work and the Commissioner needs a team of Super Ambassadors from every primary school in Wales to help out. Two Super Ambassadors from each school work together to help their Commissioner.



Want to know your rights? Here are some from the list!

- Article 1:** Everyone under 18 has these rights.
- Article 2:** All children have these rights no matter what.
- Article 3:** Everyone who works with children should always do what is best for each child.
- Article 4:** The government should make sure that all these rights are available to all children.
- Article 5:** Governments should help parents to help you to know about and use your rights as you grow up.
- Article 6:** You have the right to life and to grow up to be healthy.
- Article 7:** Your right to a name and nationality.
- Article 8:** The government should respect your right to a name, nationality and family.



- Article 9:** Your right to be with your parents if this is what's best for you.
- Article 10:** Your right to see your family if they live in another country.
- Article 11:** Your right not to be taken out of the country illegally.
- Article 12:** Your right to say what you think should happen and be listened to.



- Article 13:** Your right to have information.
- Article 14:** Your right to follow your own religion.
- Article 15:** Your right to meet with friends and join groups and clubs.
- Article 16:** Your right to have privacy.
- Article 17:** Your right to honest information from newspapers and television that you can understand.
- Article 18:** Both parents share responsibility for bringing up their children, and they should always think about what is best for each child.
- Article 19:** You should not be harmed and should be looked after and kept safe.

- Article 20:** You should be looked after properly if you can't live with your own family.
- Article 21:** Your right to live in the best place for you if you can't live with your parents.
- Article 22:** Refugee children have the same rights as children born in Wales.
- Article 23:** Your right to special care and support if you are disabled so that you can lead a full and independent life.
- Article 24:** Your right to good food and water and to see a doctor if you are ill.

- Article 25:** Children who are not living with their families should be checked on regularly to make sure they are ok.
- Article 26:** The right to extra money if your family hasn't got enough to live on.



- Article 27:** Your right to a good standard of living.
- Article 28:** Your right to learn and to go to school.
- Article 29:** Your right to become the best that you can be.
- Article 30:** Your right to use your own language.
- Article 31:** Your right to relax and play.
- Article 32:** You should be protected from work that is dangerous.
- Article 33:** You should be protected from dangerous drugs.
- Article 34:** The government should protect children from sexual abuse.
- Article 35:** You have a right not to be sold.
- Article 36:** You should be protected from doing things that could harm you.
- Article 37:** Your right to be treated fairly if you break the law.
- Article 38:** Children should be protected during a war and not allowed to fight in the army if they are under 15.
- Article 39:** Children should get special help if they have been abused.
- Article 40:** Your right to legal help if you have been accused of breaking the law.
- Article 41:** If the laws in your country protect you better than the rights in this list, those laws should stay.
- Article 42:** The government must let children and families know about children's rights.



To find out more about Super Ambassadors go to: www.superambassadors.org.uk
To find out more about the work of the Children's Commissioner for Wales go to: www.childcomwales.org.uk

If you need to get in touch with the Children's Commissioner for Wales you can phone us for free on 0808 801 1000 or text 80800 and start your message with COM.



Safeguarding

The school safeguarding policy and procedures are available via the website. Our designated Safeguarding Lead is Mrs Davies. Click [here](#).

Online Safety

Being safe online is so important when working remotely. Please find some important links in the letter issued in the spring term. Click [here](#).

I will be in touch with more wellbeing information via the weekly school newsletter.

Yours sincerely,
Cofion cynnes,



Dean Taylor
Headteacher

