Dear families...

During our phone calls to check in with the children, many parents have expressed worries and concerns. We know that parents are struggling to balance home-schooling and working from home while at the same time keeping their own worries under control. Our daily lives have changed considerably in recent weeks, and none of us are sure what tomorrow might bring. The nonstop news and coverage on social media (both truthful and fake) isn’t helping either. Therefore we wanted to offer some advice to you on how parents can manage worries at this difficult time.

- **Be careful what you read online.** We all need to keep informed about what is going on and how to keep our families safe but if reading information is making you more stressed, consider how helpful this really is. Watch out for fake news. Limit how long you spend reading about the coronavirus. And if you feel anxious, take a break.

- **Rely on routines.** Having a routine for both yourself and your children will help regulate your feelings. If you need to, start a new routine and make sure the whole family knows what this is. Keeping to an agenda and completing tasks will help keep you grounded. But, allow yourself to be flexible with this too.

- **Don’t compare yourself to others.** Every family is different and will be able to work differently. Social media is a great place to get ideas but remember we often only share the good stuff there.

- **Keep in touch.** Technology can however be a great way to keep in touch with friends and family and that can help with feelings of isolation and anxiety. Set aside regular time for phone calls or video calling.

- **Talking is good.** If your child wants to talk about coronavirus, encourage them to, keeping information simple and factual. Try to focus on positive stories about people working to keep everyone as safe as possible. Listening and praising them for sharing their worries can also help reduce anxiety.

- **Remind yourself life is carrying on and things won’t stay like this forever.**

We recognise that for many parents dealing with their own anxiety is proving tricky and at the same time we recognise that the most powerful way to keep the children feeling secure is that their parents appear calm. Learning how to deal with these anxieties in a healthy way is paramount in ensuring the whole family becomes more resilient. As parents, we need to be showing our children how to react in a healthy way during these stressful times. Sharing your worries will help you feel less anxious or stressed. It’s important to look after yourself! Know that you’re trying your best in an extremely challenging situation. Tell yourself that you’re doing a good job. And seek support from your friends, family or school when you need it.

**Where to go for further support:** See links at the very bottom of the newsletter

Kind regards

#C2i Wellbeing Team

---

**1. MARVEL-IOUS FRANTASTIC!**

*Workout 5 here...*

**2. UNDER THE SEA**

*Take a look beneath the waves with David Attenborough*

*Blue Planet II - Ocean*

**3. LOCKDOWN RECIPE OF THE WEEK**

*Another easy recipe idea*

*Moroccan Lentil Soup*

---

Yenton Primary

Some lovely Under the Sea artwork. Cute baby sea turtles and some great recycling too!

Ulverley School

There’s something fishy going on at Ulverley too this week...

Robin Hood Academy

A very creative lockdown keepsake from Robin Hood Rainbows Positivity Project 3.

Cedars Academy

An amazing piece of artwork inspired by Fraz Marc from Sian in 3KH. There’s some other great examples from The Learning Projects in the slideshows below.
What’s been happening this week?

Click on the picture below to see what’s been going on in our schools and at home this week. Please send in photos of your children working or showing off the creative things they’ve been doing. They are lovely to see. Everyone in all the schools are wishing your children well and missing them.

Life-in-Lockdown Help

Cancelled events, train refunds, supermarket restrictions, MOTs & more

The UK’s current lockdown has fundamentally changed the way we live. It’s an anxious and upsetting time, and while the primary concern is health, many are also worried about cancelled events, unused train tickets, subscriptions, gym memberships, postponed weddings, free school meals, MOTs and more. This guide looks at what lockdown could mean for you, plus your rights if you’ve been affected.

Stories help.

They entertain. They teach. They keep young minds active, alert, and engaged.

For as long as schools are closed, we’re open. Right now, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.

All stories are free to stream on your desktop, laptop, phone or tablet.

Explore the collection, select a title and start listening.

It’s that easy.

Start Listening

Emotional Well-being Resources

www.robinhoodmat.co.uk

Follow us on Twitter: @RobinHoodTrust