



Message from the Headteacher

Dear Parents/Carers,

Welcome to the latest edition of our wellbeing newsletter. Wellbeing - what does that actually mean? The short answer is... well, there is no short answer! What one person feels is their perfect state of wellbeing may be completely different from another person.

This stands to reason as we all have different goals, ambitions and personalities.

Each aspect of being comfortable, healthy and happy also has many different aspects that can be taken subjectively. For example, the English Oxford Dictionary's definition mentions happiness.

Even though happiness is an integral part of your personal wellness, it includes other things such as the fulfilment of long-term goals, your sense of purpose and how in control you feel in life.

The Meaning of Wellbeing is Multidimensional

An overall sense of wellness will not be achieved without having a balance in these key elements:

Physical

This includes lifestyle choices that affect the functioning of our bodies. What we eat and how active we are will affect our physical wellbeing.

Economic

Economic wellness in short, is our ability to meet our basic needs and feel a sense of security.

Spiritual

This is the ability to experience and integrate meaning and purpose in life. Achieved through being connected to our inner self, to nature or even a greater power.

Emotional or psychological

This is our ability to cope with everyday life and reflects how we think and feel about ourselves.

Social

This is the extent that we feel a sense of belonging and social inclusion. The way we communicate with others, our relationships, values, beliefs, lifestyles and traditions are all important factors of social wellbeing.

Intellectual

It is important to gain and maintain intellectual wellness as it helps us to expand our knowledge and skills in order to live an enjoyable and successful life.



Looking after yourself to best support your child

We all have moments when we feel like we can't manage as parents and carers. That we are incapable. That there is too much to do, and it is overwhelming. Perhaps your inner voice is telling you: 'What am I doing wrong?!' 'This is something all of us experience from time to time. Everyone has moments when they feel frustrated and full of doubt. It's natural, but that doesn't make it easy to manage. We also have moments that are fine. All is well. We tell ourselves: 'I can do this', 'I am doing this'. 'What was I worrying about?' Much of the time, we are not even aware of what we are thinking because we are just getting on with parenting and day to day things.

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ways to prioritise self-care - so, how can we cope when it's all too much?
Simple ideas to help.

1

Breathe



It sounds simple, but focusing on your breathing can have a powerful effect on your feelings. Consciously try to take slower, deeper breaths in and out for a few minutes. Let your body calm down and begin to relax. Thinking about your breathing before rushing into deal with a crisis, stop children bickering, or having an argument with your child helps you regulate yourself so you can better support your child.

2

Talk



Think of someone who will listen to you. Someone you know will be available and either help you work it through or just listen without judging.

A 'problem shared is a problem halved' is often true. If you're struggling to find someone to talk to, try writing down how you're feeling. The free My Family Journal app is a great tool for this and completely private. Alternatively, try recording a voice note to yourself. You could always delete it afterwards.

3

Prioritise



We can't possibly get through everything on our to-do lists. So what is important right now? What can wait? What will still be ok if it is dealt with next week? Just remember to get the most important things done, rather than putting them off for the future.

4

Move



Exercise can make a huge impact on your mental and physical health. You don't need to take out a gym membership or devote hours each day to exercising. Just find ways to build active moments into your day. That could be a quick five-minute walk during a lunch break, or getting active doing everyday things. Just standing up and moving around can really help if you've been sitting down for a long time.

5

Time



We can't magically create more time (wouldn't life be easier if we could?) But you can ask yourself if whatever you are doing, or think that you have to do, is really essential to get done, right now. What can wait?

6

Share



We often feel like we have to do everything ourselves, but there just aren't enough hours in the day. We might feel judged for things we don't do, or for asking for help, but true friends and supportive family members will want to help.

Start accepting offers of help- and reach out to trusted friends, family, and perhaps your child when you need support.

7

Go outside



Getting outside can have a strangely soothing effect. If you're in a built-up area, try and head for a park or playground for a bit of green space. What can you hear? How does the air feel? What can you see? Tune into the environment around you.

8

Smile



Perhaps it may feel that if you don't laugh, you might cry. That's okay. Know that this will pass, and calmer times will come again.

Self-care is not selfish.

Top tips to Support your child with after school meltdowns

1. Have a healthy snack ready and waiting for the journey home - bananas are ideal but anything that is going to give them a boost of energy and keep them going until their evening meal will be good.
2. Try not to bombard your child with questions. Instead, greet them with a smile and a hug



and let them steer the conversation. If they want to tell you something, they will.

3. Try modelling how to talk about your day. For example, tell them about your day, where you've been, something that's been good, something that's maybe not been so good. This can help your child build a framework for how to talk about their day when they are ready to.
4. Be present. This can be hard, especially if you are still on work calls or emails during pick-ups or are working in the evening, but having even a small window of time where you can focus on your child really matters to them.
5. Got lots of after-school activities? The success is all in the planning. In the morning, remind them what they have after school and try to run through a little plan. You can keep it loose if you need to! Hint: pack extra snacks on these days.

Activities to do with the family this Easter:

1. **The Creation station are back at RAMM**
On the 4th & 11th April pop along to the Royal Albert Memorial Museum and get creative while learning all about their Egyptian Tomb with the Creation Station.
2. **Easter Drama School At Exeter Northcott Theatre**
For the budding thespians in your family. Easter School at the Northcott Theatre is open to enthusiastic and creative youngsters in school years 7, 8 and 9 who love drama.
3. **Get eggcited this Easter in the city centre with Exeter BID**
Exeter Business Improvement District are hosting some family friendly Easter events on 11, 12 and 13 April with activities taking place right in the heart of the city to keep the little ones entertained in the holidays!



Families can enjoy a whole host of activities including drop-in family Easter craft workshops, face painting, street food and live music. The events will be taking place in different locations throughout the Exeter BID area in the city centre across the three days.

4. Catch Naomi's Wild & Scary live at the Corn Exchange

On Monday 3rd April, Children's TV presenter Naomi Wilkinson (Naomi's Nightmares of Nature, Wild and Weird, Live 'n Deadly, Countryfile, Milkshake) comes to Exeter this Easter. The show will be packed full of fun and surprises as Naomi is joined, live on stage, by some really scary creatures, the show is suitable for kids of all ages and guarantees a great time for the whole family.

5. Join the Easter Celebration with A touch of the wild at Grammarcombe Woods

On Saturday 1st April from 10am to 12.30pm head to A touch of the wild's Easter Celebration at their new(ish) camp in Grammarcombe Woods. There's an egg hunt, face painting, Easter crafts and more for £5 per person

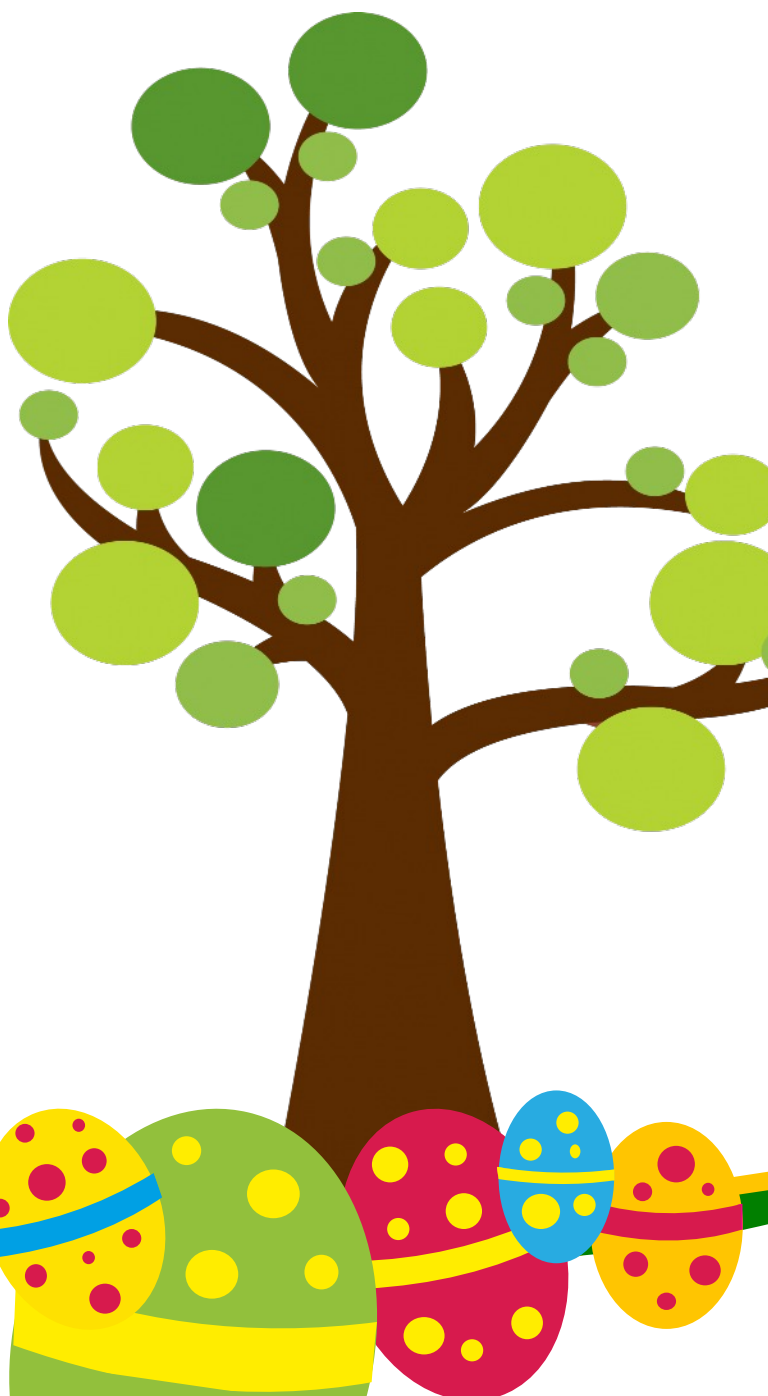
6. Springtopia High Street Safari Trail

This Easter half term, families can hop onto a free augmented reality story-trail around Exeter! Visit all of the eggs in your area, guess which animal artist painted each one, complete a challenge and meet the artist in AR. Each character will let you take a selfie with their animal costume on! Discover all ten eggs and download a free children's book of the story at the end, start your adventure here.

Royal Albert Memorial Museum

There's plenty to keep the kids entertained over Easter half term at RAMM! Keep an eye out for creative workshops over the break, including:

- Jewels of the Gods: Make an Ancient Egyptian Amulet; **4th April**
- Quack, Squawk, Buzz, Chirp; Make an ornamental bird or bug: **5th April**
- A light in the dark: Make a Roman oil lamp: **6th April**
- Make a personal silver spoon: **11th April**
- Puppet mastery: make your own Indonesian shadow puppet: **12th April**
- A brush with a Roman soldier: **13th April**



EXETER PARENT SUPPORT HUB

Join Parental Minds for advice and support. Sharing knowledge and insights. Answering your questions. Helping to make informed choices about your loved one.

Parental Minds material is informed by families lived experience, with professional input and supporting evidence is cited, where it exists, by Dr Abby Russell's research students from the University of Exeter.

John Lewis Community Room, Exeter
2nd and 4th Tuesdays of the month,
10.00 – 12.00

Virtual Exeter Hub, Teams
1st, 3rd, 5th Tuesdays of the month,
10.00 – 11.00



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