



10<sup>th</sup> March 2021

Dear Parents/Carers

Welcome back. It's such a pleasure to have our school community back together.

The calendar dates for next year will be coming home in bags today and will also be on the website.

With wellbeing our highest priority at the moment, I wanted to share some resources from the Essex wellbeing service which you might like to access to support with family wellbeing:

- Recovery and Return to Educational Settings suite of resources has two further webinars for families:
  - Part 1: [Looking after yourself](#) (28mins)
  - Part 2: [Looking after your family](#) (39mins)
  - Essex Local Offer: [Coronavirus support wellbeing and mental health](#)

These have some helpful advice and information to support emotional wellbeing and mental health.

- The Essential Living Fund is available for families who need emergency help with heating, water, food, bills and other essential household items. Families can call 0300 7900 124 (8:45am-5:00pm). [www.southend.gov.uk/ELFforessex](http://www.southend.gov.uk/ELFforessex)

The Essex Wellbeing Service has developed a service to both signpost and provide support.

- To access the [Essex Wellbeing Service](#) families can phone this number: **0300 303 9988**
- You can use this directly, or request support from us at school- we will be happy to advise or support with this.

Our key focus for the children on their return to school is supporting with their wellbeing and helping them feel as safe and as happy as we can. Some of the approaches we will be using and activities they will encouraged to join in with include:

- Calming and self-regulation activities such as cosmic yoga, Zen den, mindfulness, meditation and zones of regulation.
- Increased opportunities to exercise and have fun either through PE sessions, break and lunchtimes, mini breaks or friendship time.
- Outdoor learning and plenty of fresh air is high profile on the timetable and encouraged through the different curriculum areas.
- Timetabled social time to include explicit teaching of social skills and how to manage emotions as well as less structured friendship time.
- Circle times and PSHE lessons to encourage discussion and guide the children with their feelings about covid.
- Every class has a 'talk time' box or 'chatterbox' where the children can post anonymously any worries they have and these can be shared and talked about anonymously too.



# Messing Primary School

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- Feeling good about themselves and a sense of hope and looking forward will also be encouraged through opportunities to identify and talk about feelings and recognise that these are common to us all.
- Activities which encourage creative expression, looking forward with hope for the future and provide comfort will also be part of the curriculum. I hope that the children will be sharing some of these with you.

We will also be sharing some fun rainbow activities with you which you can be involved in together as wellbeing home learning for the next few weeks. These are optional and are not intended to add to your pressures –hopefully they are enjoyable for you and your child.

Please let us know if we can support in any way.

Kindest regards

Jackie Halliday

Headteacher