



Abbey Gates Wellbeing Newsletter

Welcome to this half term's wellbeing newsletter.



12 Online Safety Tips For Children with New Devices

Christmas is almost upon us again and soon some children may be excitedly tearing the wrapping off a new mobile phone, tablet or games console. For some of them, it will be the first time they've owned a device that connects them to the online world. Even for older children, a new device means new corners of the digital landscape to explore - and, unfortunately, new risks to be aware of.

Attached to this newsletter, we have attached a poster produced by National Online Safety so that you can guide your young ones in enjoying their new digital gifts safely and responsibly throughout the year to come. Merry Christmas!



Take Five at School - Stand Strong and Breathe

Earlier this term we wrote to you about the exciting new resilience building programme - 'Take Five at School'. Miss Taylor and Mr Martin are our 'Take Five Champions' and have spent this term training the staff so that they are ready to deliver the programme in classes. We are excited to start launching the project with children over the Spring Term.



Children who have previously taken part in the Take Five programme describe themselves as being more resilient and having a strategy for when things overwhelm them. It has been proven to have an impact on children's ability to concentrate, a reduction of stress in the body and children feeling positive about themselves.

Find out more by watching [this video](#), developed by a group of pupils at Misterton Primary School.

Action for Happiness - Monthly Calendars



Don't forget, 'Action for Happiness' produce some excellent calendars each month. These can be downloaded and used with your children (and the adults in your family too)

Look back over '[Do Good December](#)' or ahead to '[Happier January 2022](#)' for daily actions to make yourselves and others happier.

You could also download the [Action for Happiness App](#). The app is like having a little personal action coach in your pocket who:

- Gives you friendly 'nudges' with an action idea each day
- Sends you inspiring messages to give you a boost
- Helps you connect & share ideas with like-minded people

Lizzie's Workshops for Parents and Carers

A huge thank you to those who attended Lizzie's first face-to-face drop in session - we hope you found Lizzie's support and advice useful.

We will write to you in the new term with future dates - please do come along for some informal advice or simply just to meet Lizzie with tea, coffee and biscuits!

Just a reminder that Lizzie can offer a wealth of support in areas such as:

- Anxiety
- Managing Anger
- Sleep and Routine
- E-Safety
- Bereavement
- ...and much more!



We hope to continue to hold these sessions in person but this will of course be dependent on any COVID restrictions that may be in place.

Healthy Family Team - Advice Line for Parents and Carers

Don't forget - an Advice Line is open to any parent or carer in Nottinghamshire. Advice can be offered for children (aged 0-19) around areas such as behaviour management and support, sleeping, emotional support, breastfeeding and infant feeding



The Advice Line will operate **Monday to Friday, from 9am to 4.30pm**, and can be accessed by calling **0300 123 3387** (Option 4). The texting service (text **07520 619919**) is also available to confidentially ask for help.

Further advice suggested by the Healthy Family Team can also be found at :

Health for Under 5s - www.healthforunder5s.co.uk

Health for Kids - www.healthforkids.co.uk

Health for Teens - www.healthforteens.co.uk

We all hope that you have a wonderful Christmas break and look forward to seeing everybody safe, happy and healthy in 2022. Merry Christmas!

Miss Sam Taylor
Assistant Head Teacher