



DEVORAN NEWS

Dear Parents and Carers

From the bottom of my heart, I want to thank you all for your continued support at this exceptionally difficult time. This week has tested each and every one of us and it has certainly been emotional. This is not a goodbye, more of a 'see you dreckly'. We promise that as soon as we are able, our Year 6 children will get the send off they deserve and that we will support every child through this challenging time.

You should have received a Class Dojo link from your teacher – please log on to this as this will be a vital platform to help us communicate with both you and your child/ren. If you are struggling to log in, please email Mrs Andrews and she will sort this out for you on Monday.

Stay well, stay safe and see you dreckly.

Best wishes
Miss Lock

Looking After your Wellbeing

With social-distancing measures in place and people being advised to self-isolate for longer periods of time, it is vital that we consider our mental wellbeing and put measures in place to look after our minds as well as our bodies.

Here are some suggestions of things that you can do to keep your mind and body healthy during periods of isolation;



Maintain routine – get dressed and make your bed in the morning and try to stick to routines around mealtimes etc.

Sleep well – as much as possible, stick to your normal sleeping schedule and ensure children do the same.



Eat well – eating healthily will support your immunity and overall wellbeing.



Try to relax – take a break from reading about what's going on and do something fun or relaxing.





Unplug – turn off the news, games consoles and tablets and read a book instead.

If you're feeling overwhelmed or your thoughts are racing, take deep breaths – in for 7 seconds, out for 11.





Play – make plenty of time for play!

Connect with others – especially if you are housebound. Make use of phone calls and FaceTime.





Get creative – paint a picture, write a story or have fun with crafts.

Go for a walk or do a workout – exercise is one of the best things for your mental health, and your immune system.





Make plans – this difficult period of self-isolation will not last forever. Plan some fun adventures for when life returns to normal.

Laugh – at every opportunity you get!



Staying Connected With Our Children

Now is the time to stay close to our children.

They need to feel us beside them so they don't feel as worried as they are.

We need to be honest with them and let them know that good people from around the world are working very hard to keep them safe and healthy.

Our children will believe us, we love them deeply.

Be Honest

"COVID 19 is a sickness like a cold. Some people will get it. Maybe someone in our family might get sick. We are all a little bit scared. Being scared is a sign that we are concentrating on being safe. There are really good people like doctors who know what to do. They are helping to figure it out."

Validate Their Feelings

"I know I might look worried sometimes. Mums or dads get worried too, just like children. I know it can make you feel scared. But I am ok.
It is ok to be feeling scared, or worried, or whatever you are feeling right now. You can share that with me whenever you need to."

Acknowledge Day to Day Disruptions

"Even if school and your after school activities stop for a while, they will start up again. How about we think about some ways of doing versions of these things together at home if we need to?"

Remind Them

"I love you, and that is one thing that will never change."

Here are some ways that parents and carers can share connection, comfort and care with their children right now.

Look to History

"There have been sicknesses like this before. And they have stopped. Clever people from around the world have worked them out together. The scientists are doing this right now with this one."

Remain Available

"You can talk with me whenever you need to. I will answer any questions you have. If I don't know the answers, I will find out and then I will tell you."

Have fun

Share some time with your children that is just for them, and let them lead the play.

"Let's do some things that you like to do."

Create some quiet time

Find a regular time where you can just be still with children. Stroke their hair. Watch a favourite show on TV. Listen to music together. Let them decide if they want to talk. Be present with them. Enjoy it.



Please see below a social story written by a Play Therapist that we shared with each class this week. It may be helpful for you to read it through with your child when they are showing signs of anxiety:

The Stay Home Superheroes

Once upon a time there was a big, busy world. In this big, busy world there lived a little boy called William. William loved going to school to play with his friends, going to the park with his mum and going swimming with his dad.

But one day, everything started to change. William heard on the news that there was a Big Problem. This problem was so big that it started to spread over the whole world. All the grownups were talking about it. All the children were talking about it. In fact, every single person in the whole world was talking about it. Everyone started to feel worried and scared about the Big Problem.

Soon, the Big Problem caused some big changes. At first daddy stopped going to work, then mummy stopped taking him swimming, then he found out that school was cancelled and day by day the big, busy world he lived in got quieter and quieter and quieter.

William was confused. He felt scared too. He had so many questions. What was going on? Would it be OK? How could they stop the Big Problem?

He went to ask his mummy all of his big questions. "It's OK to be scared and worried, lots of other children feel that way, even adults feel scared too sometimes" she told him, giving him a BIG hug.

"But all of the very best, cleverest people in the whole world are working hard to fix the Big Problem right now" she explained.

This made him feel a little bit better. Surely the cleverest people in the world could find a way to fix it! But it was such a Big Problem, and he was still scared. He had to do something.

Mummy explained that there were lots and lots of special helpers working hard to save the world and stop the problem.

"Like superheroes?" said William.

"Just like superheroes." said mummy, smiling.

William wanted to be a superhero too. This was his chance! Super William to the rescue! He jumped up, ready to run outside and join all the other superheroes to fight off the Big Problem and save the world, but his mummy stopped him and locked the door.

"HEY! How can I help fight the Big Problem if I'm stuck inside?" he asked.

"Well, we DO need you to help. Everyone is going to have to help to solve this Big Problem. And YOU are going to have a very special job indeed. You are going to become a Stay Home Superhero!"

William had never heard of THAT kind of superhero before. Mummy told him that Stay Home Superheroes could help fight off the Big Problem by using their Stay Home Superpowers. But what were they? He tried so hard, but he didn't have super strength or super speed either. In fact, he felt exactly the same as before.

"The Big Problem can't be solved with super strength, or super speed. The Big Problem will only stop growing if all the new Superheroes use their Stay Home Superpower to stay at home. In fact, if all the new Stay Home Superheroes work together the Big Problem will get smaller, and smaller and smaller every single day, until it goes away!" mummy explained.

"But staying home is a boring superpower!" said William in a grump.

"Boring? No way! You have the superpower to make this fun! And staying home is how YOU can help to save the whole world- there's nothing more powerful than that!"

Just staying home and having fun could save the whole world? And he would be a real-life superhero? William started to feel excited. He started to feel powerful too! He couldn't wait to tell all his friends that they could turn into Stay Home Superheroes just like him!

William got to work quickly, using his Superhero creativity to think of all the fun things he could do at home. He made a long list with his mummy and daddy: pillow forts and cooking and games and dancing and puppet shows and singing and movies and MORE! Even better, William found out he could still play in the garden and go outside too, as long as he stayed away from all the superheroes who lived in different houses. They could wave to each other and wink, because they all knew the special job they were doing!

William did miss playing with his friends and going swimming and to the park. But then he remembered how important his new Superhero job was. He was helping to save the whole world and that made him feel so good inside. He was very proud of himself. Then he fired up his superpowers ready to find something fun to do. William the Stay Home Superhero and all his superhero friends worked hard together to help save the world, all without leaving their homes. And now you know, you can be a superhero too!

Information sheet for parents

Your child may understandably be concerned or worried by what they see, read or hear in the news, online or at school regarding coronavirus (covid-19). As a parent or carer, it's good to talk to them honestly but calmly about what is happening, and to not ignore or shield them from what is going on in the world. Children look to adults in their life for comfort when they are distressed, and will take a lead on how to view things from you. Remember, you don't have to have all the answers, but it is better to have a gentle conversation to reassure your child that they can talk to you so they don't feel like they're on their own.

Starting a conversation can be difficult, especially if you're worried that your child is having a hard time. You're the leading expert when it comes to your child. You can tell when they aren't in the mood to talk, or when they aren't responding to your attempts. Above all, it's important to remember that as a parent, you do not need to know all the answers but you can help to contain their fears and anxieties by being there for them.

Helpful tips on talking about Coronavirus

- Try not to shield your child from the news, as it's likely they will find out somehow from school, being online or from friends. It's important to support them to fact check what they have heard by ensuring that they are using reputable websites such as the Government Website and NHS.
- Talk to your child about what is going on. You could start by asking them what they have heard.
- Try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.
- Reassure your child that it is unlikely they will get seriously ill, and if they do you feel ill you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.
- Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.

- Keep as many regular routines as possible, so that your child feels safe and that things are stable.
- Spend time doing a positive activity with your child (e.g. reading, playing, painting, cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. For activities ideas, visit our starting a conversation with your child guide.
- Encourage your child to think about the things they can do to make them feel safer and less worried.
- Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.

Ideas to support your own mental health

Being cooped up together all day every day may feel daunting therefore it's more important than ever to take care of your own mental health.

- Remember to look after yourself. If you yourself are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.
- Use your social media contacts to stay in touch with friends and family, video call, skype, facetime.
- It's about getting a balance - having a structure and integrating some fun into yours and the children's days. It might be helpful to think about how to distinguish weekdays and weekends by negotiating daily routines.
- When things feel too much, even just opening a window and taking 10 deep breaths, doing a free three-minute meditation or writing down 10 things you're grateful for can help.
- There are lots of helpful positive mental health apps that are free.
- Try to limit how much news you're taking in in a day and again make sure you fact check anything that you hear and are worried about.
- People need space and time on their own. It's important you and your family have conversations to negotiate uninterrupted time alone.

Helplines and websites

Parents Helpline – 0808 802 5544

www.citizensadvice.org.uk

if you have money or work worries, Citizen's Advice can help

freephone: 03444 111 444 (Mon-Fri, 9am-5pm)

text service: 03444 111 445

you can talk to a debt adviser online for free Mon-Fri, 8am-7pm

for advice on anything else, you can chat to an adviser online for free Mon-Fri, 10am-4pm

www.womensaid.org.uk

if you think you may be experiencing domestic abuse and you identify as a woman, you can talk to Women's Aid for free and confidential support

email: helpline@womensaid.org.uk

you can also chat to a support worker using their free instant messenger service, Mon-Fri (10am-12pm)

www.samaritans.org

Call 116 123 for free

Or email – jo@samaritans.org

www.nhs.co.uk

Or call 111 for further advice if you or someone in the home has symptoms.

www.kooth.com

Is a good website you can direct your young people to access in times of worry or anxiety. They have counsellors on line and ideas of how to cope in times of high stress and anxiety.