

# Wellbeing Support

Summer 2022

## Sun, Sea and Cyber Health!

*RNLI's Wendy Talks to KS2*

The holidays can be a difficult time for management of childcare as well as trying to relax and stay safe. We have covered sea and sun safety as part of our PSHE curriculum at school and were lucky enough to have had a visit this week from Wendy who works for the RNLI to talk through the different flags for beach safety in Britain and things to consider in the water to keep safe. Her top tip was to ensure children know who the lifeguards are and where their station is should they get lost on a busy beach.



### How to enjoy the sun safely



**Find shade**  
Take a break under trees, umbrellas or head indoors



**Cover up**  
Wear a loose, long-sleeved top with a hat and sunglasses



**Use sunscreen**  
On lots that aren't covered up. Use plenty with at least SPF 15 and a 4 or 5 star rating

For some children the summer will be an opportunity to get online; either staying in touch with friends or just wanting time to play their favourite games. The UK Safer internet centre recommend taking time at the start of the summer to see what Apps, games and media children are using, to take an interest in children's online lives and begin a dialogue. Discussing what types of holiday photos may or may not be appropriate to share may form part of this discussion for older children. Navigating the online world with children can be tricky and establishing time limits or family agreements for use together can reduce the potential for conflict. Parent zone and UK Safer Internet Centre have excellent tips on their website related to the latest games and Apps that are released.

**“The holidays are also a good opportunity to have positive conversations about the internet, so if something ever does upset your child online they would feel more confident in confiding in you” UK Safer Internet Centre**



### CHILDREN'S BOOKS TO CELEBRATE DIVERSITY...

## Thank you PTA and parents

*Our mental health shelf includes books for staff, parents and children to use.*

Understanding about differences through story is incredibly empowering for children. It can help them to see the world through another person's lens and remind them that we are all different but we all have commonalities too. These books were used during Diversity week at school where children also watched relevant video clips and discussed differences in an age appropriate manner. The week culminated in a worship about diversity from Rev. Nick with special guest Elmer.



# 5 Ways to Wellbeing Focus

*Suggestions for the six weeks of summer...*

**Connect** – This doesn't have to be school friends- in fact the school holidays are a great opportunity for Classes to take a break from their peers and spend time with family too or wider circles of friends. To maintain a connection with our DGAT family a wonderful cool visit is Gloucester Cathedral who have a host of wellbeing activities planned for the summer, including a Noah's ark Family Trail.

**'Not just weeds': how rebel botanists are using graffiti to name forgotten flora**



**Take Notice** –A craze which began in France continued last year in London when botanists and nature lovers chalked and labelled plants in our urban neighbourhoods commonly described as weeds. The 'more than weeds campaign' aims to raise the importance and beauty of wildflowers. Stopping to enjoy nature or finding time for short walks is repeatedly shown to improve wellbeing. Can you chalk your pavement so others can spot the beauty in a so called weed on their walk?



**Be Active** – Cheltenham offers a plethora of activity camps across the summer holidays including swimming courses at the lido and Cheltenham Town community trust's football camp here at school. Meeting at the park or walking with friends are great free options for play, physical activity and socialising for our children. Why not try a form of exercise together with children once a week – it doesn't have to be too strenuous.

**Keep Learning** – We are passionate about reading at St James' – it underpins everything at school and is so valuable for wellbeing throughout life. Reading together enables productive cosy time and dialogue between parents and children. We are fortunate enough to have several libraries to choose from to enjoy the summer reading challenge 2022- even if you just go to investigate books once in the holidays it will still be a valuable learning experience and possibly a chance to let the children explore different areas of interest through books.

**Give** – The incredible efforts at the summer fair show how a community can come together for enjoyment and to raise money. The funds raised are such a valuable source .

Giving 1:1 time with your children occasionally during the holiday can be fantastic for your relationship. UNICEF's Professor Cluver's recommendation, "It can be 20 minutes a day. Or even 5 minutes. You can combine it with something like washing dishes together while you sing a song or chatting while you're hanging out the washing. What's really important is that you focus on your child. So, you turn your TV off, you turn your phone off, you get to their level and it's you and them."

**Closing the Loop;**

**Positive Discipline Tip from UNICEF**

Part of growing up is learning that if you do something, something can happen as a result. Defining this for your child is a simple process that encourages better behaviour while teaching them about responsibility. Give your child a chance to do the right thing by explaining the consequences of their bad behaviour. giving them an opportunity to change it. If they don't stop take time and wait until you can explain the consequences of the bad behavior calmly. Closing the loop and being consistent in applying the consequence if required.