



Wellbeing @ Waterbeach

Dear Children, Parents and Carers,

All of us here at school understand that this time of school closure and 'lock-down' poses lots of challenges to us all. Even though school is shut, we are still thinking about each other and the Wellbeing Team has decided to keep in touch with you through a weekly email which will include a couple of activities to try if you feel like you need a boost!

The resources will also be saved on the school website in the 'Emergency Home Learning' section under 'Wellbeing in School Closure'.

Summer Term Introduction



- **Covid Time Capsule**

None of us have ever lived through times like these before. Why not print out this 'Time Capsule' and make a record of what it is like?

- **Waterbeach Windows**

Remember the work we have done on '5 Ways to Wellbeing'? Here is a fun way to 'Give'! I can see that lots of you have already heard about 'Waterbeach Windows' because every time I go for a walk I see so much fabulous artwork up in windows already. It is a great way to spread a bit of community wellbeing and I love seeing what I can spot: don't you? Why not make something for your windows if you haven't already done so? So far the themes have been rainbows, sunshines and Easter things....

- **Timetable Help**

Have you thought about making a timetable to help structure your day? This can be a good activity to do together, and helps us all to manage our expectations. I have enclosed one that we made ourselves and one that is blank that you could do at home.



For Parents:

In addition, this week we are also enclosing details of the offer made by **Jane Rogers**, our brilliant '**Early Intervention Family Worker**'. Although she can't run face to face sessions at the moment, she is available for telephone consultations and ongoing support. No paperwork is needed for this service and she is able to support and advise you on a wide range of issues; from bedtimes to screen-times, anxiety, anger, sibling rivalry and general parenting advice.



If you have questions about any of the resources or suggestions of what else we could offer to support you, please don't hesitate to email Mrs Tregoing on itregoing@waterbeach.cambs.sch.uk

Until next week, Keep well,

Mrs Tregoing and the Wellbeing Team
