



Westgate Academy



Issue One

Well-Being Bulletin – April 2020

Greetings from all at Westgate. We hope you are all managing as best as you can wherever you are. As part of our Care Support Program all our staff are working hard to provide you with learning resources, daily challenges, links to activities and well-being support.

Please remember that the most important thing is that your children feel safe and secure. Remember too that PLAYING with your child is a crucial part of learning and your children will learn, through play so if they're engaged in hands on games, role-play with toys, arts and craft activities, all of this counts as learning too. Connecting with their feelings and their family provides opportunities for emotional growth and understanding, so be present, talk and discuss the everyday stuff.



My big tip for today is <http://www.5minutefun.com> a great site you can access from Facebook or via their website. There are lots and lots of activities to keep your children entertained. Another great site if you wish to get active and have an alternative to Jo Wicks is gonoodle.com

An online safety important site is internetmatters.org, this is a great space for parents to learn about keeping children safe online. Info re: accessing safe Apps and expert advice on how to make other Apps and content your children are accessing as safe as possible.



Top wellbeing Apps for kids in 2020

- For me-childline App
- Headspace for kids
- Push2Play
- Plant Nanny
- The Worrinots App
- Go Noodle Kids
- Focus on the Go!
- Three Good Things
- Me: A Kids Diary
- Breathe, Think, Do with Sesame

Other top tips:

- Play board games together. Card or dice games.
- Staying connected is super important so make time for your children to chat and interact with friends from school through FaceTime, Skype, WhatsApp - but remember to supervise them while they do this.
- Creating posters and Thank you Keyworker signs are a great 5 minute activity.
- Get the old photos out and make scrapbooks or memory boxes.
- Learn about animals in your area. Which birds and insects come to your garden? Create a nature diary, make a bird feeder or plant flowers and plants that will attract birds, bees and butterflies to your garden. If you don't have a garden you could explore insects and birds in your area online and look for them when you get your daily exercise.
- Making dens indoors will keep them entertained for a while as will making obstacle courses in the garden (or indoors).
- Decorating biscuits with icing pens, sprinkles etc. is fun.
- Create a collage using rubbish, paper, wrappings etc.
- You can do wonders with a pack of white paper plates approx. £1 at your local supermarket. These are a versatile way of creating lots of arty projects - paint and cut in a spiral to make snakes, paint as a lion's face, or a ladybird, make them into flowers or planets...
- Get creative with your cooking. Try cooking foods from different countries around the world. Your children could create and decorate recipe cards or menus for the family.

Parents Corner

- Take time out for yourselves.
- Have a coffee and take 5.
- Take a bath or shower and close the door.
- Do something for you.
- Don't get too overwhelmed by pressures of Home Learning and keeping your children happy and active. **REACH OUT TO YOUR CHILD'S TEACHER IF YOU NEED SUPPORT OR CONTACT OTHER PARENTS.**

Important Notes

Remember your children can email their teachers directly via Purple Mash and email other children in their class. You can contact natalie.fox@westgate.lincs.sch.uk for any well-being concerns or support.

