

18 / 3 / 21



Star Community Wellbeing Newsletter

Community Wellbeing Newsletter!

Here you will find useful information on how to access support in our community and helpful tips and advice for parents and carers.

Our community may look a bit different these days but we are here to support you through these uncertain times. If you need to speak to Mrs Clarke our Community Wellbeing Advocate, slots are available every morning between 8.30-11.30am Or 1.30-2.30pm Please call the school or email CWA@star.newham.sch.uk to book.

BACK TO SCHOOL

We welcomed all our children back in school on the 8th of March and it was so lovely to see them.

We are very proud of our parents and children for accessing the online classroom during Lockdown.

Through this lockdown children have been accessing their learning from home and may have slipped out of their usual daily routines.

Life sure has been different and structures may have changed.

Now is the perfect time to start re introducing those routines and structures ready for school life.



OFFER OF SUPPORT FOR FAMILIES

Community Links

105 Barking Road
Canning Town
E164H

Workshops for parents with SEN

Free law advice

Debt Advice

Welfare and Benefits

Covid 19 telephone advice 9am-7pm

Help through crisis

Energy Vouchers

Family boxes

STRENGTHENING FAMILIES

FAMILY RELATIONSHIP MATTERS

PARENT BEFRIENDING

FAMILY MONEY MATTERS

Keeping children and young people safe in the their community

Thursday 18th March 2021

4pm-5pm

Join Zoom Meeting

Phone one-tap:

United Kingdom:

+442034815240,,95579486838# or

+442039017895,,95579486838#

Meeting URL:

<https://zoom.us/j/95579486838>

Meeting ID:

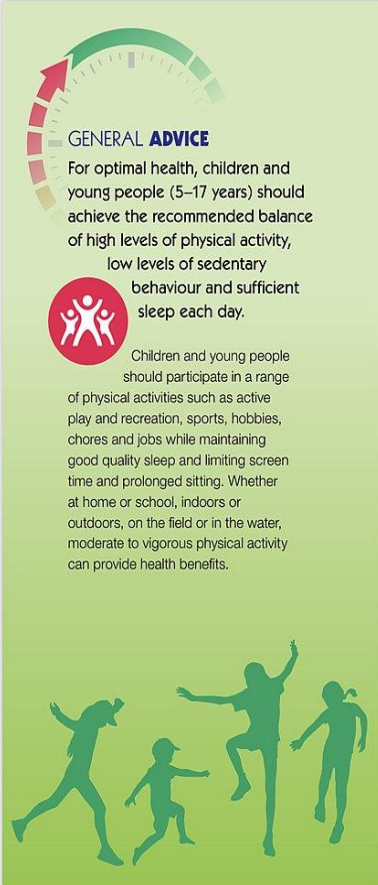
955 7948 6838



ARE YOU READY?



Below are some routine structures and advice to help get your child/children ready for school life.



GENERAL ADVICE

For optimal health, children and young people (5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour and sufficient sleep each day.

Children and young people should participate in a range of physical activities such as active play and recreation, sports, hobbies, chores and jobs while maintaining good quality sleep and limiting screen time and prolonged sitting. Whether at home or school, indoors or outdoors, on the field or in the water, moderate to vigorous physical activity can provide health benefits.

PHYSICAL ACTIVITY

Children and young people should aim for at least 60 minutes of moderate to vigorous physical activity per day involving mainly aerobic activities that makes their heart beat faster—more is better. The 60 minutes can be made up of shorter bursts of activity throughout the day that add up to 60 minutes or longer.

Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated (in the recommended 60 minutes of daily physical activity) at least three days per week. In addition, several hours of a variety of light physical activities should be undertaken each day.

TIPS

- Basketball, soccer, netball, lap swimming, skipping or running are all great ways to add more **vigorous** activity to a day. They don't have to be organised, paid activities—they can be as simple as grabbing a ball or a friend and running around at the park. Anything that makes kids "huff and puff" counts!
- Add to the daily total with **moderate-intensity** activities such as bike riding, scootering or skateboarding. Swap a drive to the local shops or library with a bike or scooter ride.
- Examples of **light activities** include leisurely walking or playing handball. Walking your dog or to school is a great way to increase light activity. Some activity is better than none.
- Great options to **strengthen muscles and bones** include skipping, running, yoga, jumping, push-ups, sit-ups, lifting weights, lunges, squats, climbing trees or swinging on monkey bars.
- Try to **switch sitting for being active**. Encourage kids to get off the bus a stop earlier, or to meet friends for a game in the park rather than spend their leisure time sedentary on a screen. These small changes will deliver health benefits, but remember to maintain sufficient sleep.
- **Teachers:** you can also help students to add vigorous activity by integrating short but intensive aerobic activities into Physical Education lessons and inside the classroom such as tuck jumps or fun simple dance routines.



SEDENTARY BEHAVIOUR

Long periods of sitting can counteract the benefits of being physically active so should be broken up as often as possible.

Sedentary *recreational* screen time should be limited to 2 hours per day. This does not include screen-based activities for educational uses. Encourage positive social interactions and establish boundaries by discussing time limits and age appropriate content with children and young people.

TIPS

- **Parents:** be your child's role model and keep your own screen time to a minimum and be active too.
- **Parents:** leave the car at home and ride or walk together to your local activities. Be **active together** on the weekends by taking a nature walk or learning a new activity such as rock climbing.
- **Teachers:** add in physical activity such as star jumps to break up long periods of sitting in school.



SLEEP

Sleep is essential for optimal health.

Children (5–13 years) should have 9 to 11 hours of uninterrupted sleep per night and young people (14–17 years) should have 8 to 10 hours uninterrupted sleep per night.

To establish and maintain healthy sleep patterns, children and young people should have a consistent bedtime routine, avoid screen time before sleep, and keep screens out of the bedroom.

TIPS

- To keep a **consistent routine** try not to vary bedtime and wake-up times by more than 30 minutes.
- **Avoid screens** one hour before going to bed.
- Make bedrooms a **screen free zone**.

TAMING THE DEFIANT CHILD

USE FEW WORDS

It's tempting to raise our voices, lecture or threaten. Using few words shows your child that you can't be pulled into an argument.

SIDESTEP THE POWER STRUGGLE

Reacting immediately does not allow time to determine a reasonable plan or anticipate how the child will react. Take time to calm down and think.

FOLLOW THROUGH

Choose a consequence for defiant behavior that you're willing to enforce. Not following through teaches children to ignore your requests.

LEAD WITH EMPATHY

Offering kind words before delivering consequences encourages the child to think about their actions and helps maintain love and respect.

CHANGE THE LANGUAGE

Speaking positively teaches children to make good choices on their own.

Instead of: "You can't go play until you have finished your homework."

Try something like: "THIS IS SO SAD"

Instead of: "Don't talk to me in that tone of voice."

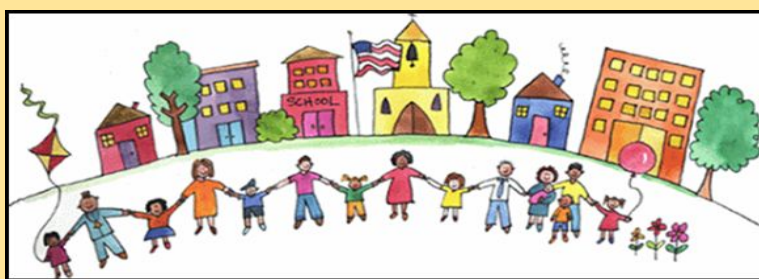
I'LL LISTEN AS SOON AS YOUR VOICE IS AS CALM AS MINE.

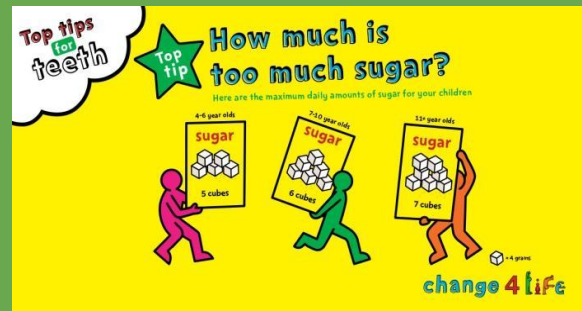
FEEL FREE TO GO PLAY AS SOON AS YOU HAVE FINISHED YOUR HOMEWORK.

Being prepared

- Check that your child's school uniform still fits and replace anything that they have grown out of.
- Start to implement a good bedtime routine.
- Wake your child up early have a set morning routine.
- Plan how you are going to make the journey to and from school.
- Start to think about any childcare arrangements you may need.

If you need any advice on how to implement routines contact Mrs Clarke our Community Wellbeing Advocate.





Dear Parents/Guardians,

Kent Community Oral Health Team is Promoting National Fizz Free February Awareness Month!

How can too much sugar affect children's Dental and General Health?

Too much sugar in the diet can lead to **painful tooth decay**. Every 10 minutes a child in England has a tooth removed in hospital. Too much sugar is bad for children's health too as it can lead to the **build-up of harmful fat** on the inside that we can't see. This fat can cause **weight gain** and serious diseases like **type 2 diabetes**. Which people are getting younger than before, and **heart disease** and some **cancers**. Click on the following links to find out more:

<https://sugarawareness.com/>

<https://www.nhs.uk/change4life/food-facts/sugar>

<https://www.sustainweb.org/news/jan21-go-fizz-free-health-climate/>

For specific advice on how to prevent dental decay check link or QR code below:

<https://www.kentcht.nhs.uk/service/dental-services/oral-health-promotion-resources/>



Parents with children at nurseries, schools and colleges

A guide to regular rapid Covid-19 testing



Regular rapid testing is now available for parents, their households and bubbles.

Regular rapid testing is a fast and easy way to find out if you have coronavirus and help protect your loved ones and community. It's free and takes around 30 minutes.

Why introduce regular rapid testing?

Up to 1 in 3 people who have Covid-19 have no symptoms and could be spreading it without knowing.

Regular rapid testing is now available for parents of nursery, school children and college students. As well as adults in their households, childcare and support bubbles.

Regular testing for people without symptoms is already taking place across the country. Thousands of people who didn't know they had the virus have been able to take action to stop the spread of the disease.

As lockdown restrictions ease, getting into the regular habit of twice weekly testing will play an important role in getting back to normal; alongside the vaccine, following the hands, face, space guidance, and social distancing measures.

Regular testing for school staff and students

Regular rapid testing is already available to all staff at nursery, primary and secondary schools and colleges.

Secondary school and college students aged 11 and above will continue to access regular rapid tests directly through their school or college. And we continue to encourage them to get tested.

On return they will initially be supervised while testing at school and then continue to test themselves at home with test kits they will get from school or college.

Nursery and primary school children are not being asked to be tested as evidence continues to show that children and young people are at low risk from Covid-19 and are very unlikely to get seriously ill.

What is the benefit to you?

By taking part in regular rapid testing, you'll be protecting yourself and your loved ones. And helping us all get back to a more normal way of life.

