



APHS Pastoral and SEN Team Newsletter



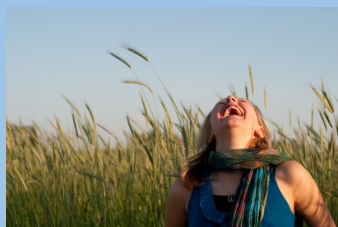
10 Ways for Parents/Carers to help children cope with change

- ♦ Choose health - know what affects your child, what makes them grumpy, hyper, disconnected. Trust that you know your child and give them the basics that they need to cope with difficult days
- ♦ Work together - share ideas with your child. Create action plans, have a problem-solving approach, show them we can all get things wrong and enjoy achievements
- ♦ Be wise - As your child discovers new things try to be interested, non-judgemental, listen, act on warning bells and choose your words carefully giving guidance and boundaries
- ♦ Be calm - try to stay calm whilst your child is feeling distressed
- ♦ Communicate - the small things you do make all the difference. Keep talking, listening, hearing, reassuring, encouraging and respecting
- ♦ Be the anchor - in times of change you are the constant, providing routine and comfort
- ♦ Get learning - be involved in your child's learning, find out more and talk to them about different subjects, social media, current affairs but also what interests them like music etc
- ♦ Move on up - encourage independence in your child. Do this by helping them to move positively from child to teen identity, increase their responsibilities and be positive whenever they act maturely
- ♦ Look after yourself - supporting yourself helps you to best support your child. Lean on friends and family, relax, exercise, sleep and eat well, see your GP if your struggling and remember tomorrow is a new day
- ♦ HAVE FUN!!! - provide lots of light relief to your child. Be silly, do stuff together, get outside and most importantly laugh together

If you feel you need further support parents can contact the Young Minds Parents Helpline on 0808 802 5544 Monday to Friday.

Information from Young Minds and ASDA Foundation.

Team Pastoral



What have you been doing during lockdown? Let us know or even better send us pictures of your activities or new

Free online drawing course for 12-18 year olds, 25 June for 4 weeks

Architecture and the Body is being offered by the Sainsbury Centre for Visual Arts at UEA. Are you between 12 and 18? Love to draw? Want ideas and prompts from professional artists? This four-week course will show you amazing images made by connecting buildings and bodies.

Places are very limited: to book a place ask your carer / guardian to email sainsburycentrelearning@uea.ac.uk

★ We are here! ★

The Pastoral and SEN Teams are working closely to support our students through the current situation and will continue to do so moving forward.

Please contact us if we can be of any help. Please call 01328 710476 or email:

aphs_pastoral_group@nsix.org.uk.
Miss Sperry, Mrs Boyd-Stevenson, Mrs Thompson. Mrs Norman can be contacted on

knoman5yrt@nsix.org.uk

Take a Break!!

Breathe Deeply

Stress causes us to breathe shallow and more quickly.

Taking slow, deep breaths can help temporarily lower your heart rate and blood pressure.



Support and Advice

Below are some contacts if you require any agency support or advice:

Just One Number - 0300 300 0123 - Provided by Norfolk County Council

Point 1 - 0800 977 4077 or point1-support@ormistonfamilies.org.uk

Mental Health Support for Young People. Parents/carers can call for advice and support.

Anna Freud Centre - <https://www.annafreud.org/on-my-mind/self->

