



DITTON LODGE PRIMARY SCHOOL | FAMILY WELLBEING NEWSLETTER – SPRING 2021

Welcome!

Dear Parents and Carers,

Welcome to our quarterly newsletter which is intended to help the Ditton Lodge community stay physically and mentally well throughout these difficult times. As a school, we understand that family life has been challenging (we are parents too!) and we will do whatever we can to support your children and extended families



We are sure that your children are eager to get back to the classroom with their friends but we also acknowledge that this may also present some anxieties.

- Talk about activities they are looking forward to doing again.
- Make sure your children are in contact with their friends to re-establish their relationships.
- Build a solid routine based around the school day including set bedtimes and daily reading.

For help and advice:

There are many websites available offering support and advice to parents to help their children achieve a positive return to the classroom.

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/back-to-school-coronavirus-covid-19/#custom-2column-share-shelf>

<https://www.mentallyhealthyschools.org.uk/media/2077/coronavirus-toolkit-return-to-school.pdf>



A mentally well child is better equipped to enjoy their learning and fulfil their potential.

Local Support

Suffolk and Cambridgeshire County Councils and NHS Trusts also offer a wealth of support to local families.

Suffolk County Council are offering Wellbeing for Education Return which includes support for parents to include parent and carer workshops. The next workshop is 22nd March and is focused on managing uncertainty. To register:

<https://www.suffolk.gov.uk/children-families-and-learning/wellbeing-for-education-return/family-wellbeing/>

The Suffolk Parent Carer Network also has a Facebook page:

<https://www.facebook.com/suffolkpcn/>

Cambridgeshire and Peterborough NHS Foundation Trust have put together a useful document of wellbeing resources:

<https://www.cambslearntogether.co.uk/asset-library/Corona-Virus-Schools/Mental-Health-Support.pdf>

They also offer support through The SUN Network on Facebook:

<https://www.facebook.com/SUNnetworkCams/>

It should be recognised that for the vast majority of children, the return to school and old routines will be a smooth and uneventful passage. Children are notoriously resilient and given the opportunity to talk and express their feelings will continue to surprise us with their bounce-back-ability!

For those children who need a little more time and support, we will be here. Please contact us if you need to talk – email your class teacher in the first instance or call the school office.

Together, we succeed as lifelong learners.



Website:
<https://dittonlodgeprimary.co.uk/>



Contact:
01638 613001



Email address:
office@dittonlodgeprimary.co.uk