

# Wellbeing and Mental Health Parent Newsletter

Summer Term 2023



## Quick Look:

- Summer Holidays List of adventure play-grounds
- Supporting Transition
- July Action calendar

## Summer holiday wellbeing tips



### Have you ever used the Adventure Playgrounds in Hackney—Why not check them out? List of Adventure Playgrounds

Evergreen Adventure Playground Beehive Close, Off Richmond Road E8 3JT 020 7275 9004  
or [evergreenplay@yahoo.co.uk](mailto:evergreenplay@yahoo.co.uk)

Hackney Marsh Adventure Playground Daubeney Fields (off Kingsmead Way), E9 5PP 020 8986 7245  
or [angela.day@hackney.gov.uk](mailto:angela.day@hackney.gov.uk) Children aged under the age of 6 supervised by an accompanying adult at all time are welcome as guests between 10am - 3pm only

[Homerton Grove Adventure Playground](#) Wardle Street E9 5QG 020 8985 9202 or [homerton@hackneyplay.org](mailto:homerton@hackneyplay.org)

[KIDS Adventure Playground Hackney](#) Spring Lane, Big Hill, Clapton E5 9HQ (Referrals are needed from the Social Care Team - Integrated Services for Children with Disabilities) 020 8806 6149

[Pearson Street Adventure Playground](#) Pearson Street, E2 8EL [pearsonstreet@hackneyplay.org](mailto:pearsonstreet@hackneyplay.org)

Shakespeare Walk Adventure Playground Shakespeare Walk, N16 8TL 020 7249 8405  
or [swapansixteen@swapa.org.uk](mailto:swapansixteen@swapa.org.uk)

Shoreditch Adventure Playground Mintern Street N1 5EF 020 7729 3770 or [libby.truscott@hackney.gov.uk](mailto:libby.truscott@hackney.gov.uk)

### Summer Learning Ideas

<https://www.hackneyservicesforschools.co.uk/system/files/extranet/Home%20Learning%20Summer%20is%20Here.pdf>


Wondering about whether it's ok to leave children at home alone—look at the rules and take the quiz <https://www.nspcc.org.uk/keeping-children-safe/in-the-home/home-alone/#age>

**NSPCC**

## Supporting Your Child With Transition

Just like adults, children cope with changes and transitions in different ways, some people breeze through with excitement and others feel anxious and need more support. We are very mindful of differing needs and we plan our transition to new classes carefully and with a great deal of thought. However, parents/carers play a vital role in helping this to be a positive experience for our children. Here are some tips for supporting your child with this: Be positive! How you react to change will strongly influence your child and if you feel anxious they will too. Talk about the positive elements of change—new experiences, new opportunities, new topics and meeting new people. Focus on the constants for your child, the things that will be the same. They will be moving class with their peers so their friends will still be with them, they will still see the adults they are familiar with and many routines will be the same. Look at our website and check out the topics they will be covering in their new year group to make them excited about what is ahead of them. Listen to any concerns but don't go looking for them—remember that most children will be excited about the move and are more than ready for it. If your child is moving from KS1 to KS2, talk about what this will look like at drop off and pick up times—you can even do some practice runs. Keep in touch with their friends over the holidays so that those connections remain strong.

Jump Back Up July 2023

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy
8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head
15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life
22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem
29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human				

ACTION FOR HAPPINESS

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