



## Wellbeing at the Emmaus Federation

At the Emmaus Federation, we aim to support and enhance our pupil's mental health and wellbeing in every way we can. We strive to achieve this in everything we do; in our curriculum, through the opportunities we offer, the special interest days we promote and support and with the behaviour policy and school values we encourage and follow.

### **On the Road to Emmaus – Luke 24: 13 – 35**

**Two travellers are transformed and enriched by sharing their journey with a guide. We view our work to be similar in making a difference to future lives. We travel together on our journey of transformation and commit our school to always being supportive, nurturing and challenging.**

Our distinctive Christian vision continues to underpin our aspiration to provide the highest educational standards possible in order to realise the potential of everyone in our school. The school has a clear Christian vision, which is rooted in our statement: Two travellers are transformed and enriched by sharing their journey with a guide. We view our work to be similar in making a difference to future lives. We travel together on our journey of transformation and commit our school to always being supportive, enriching and challenging.

### **Resources and Links**

Please find a range of resources, links, and videos we feel can help parents in supporting the positive mental health and wellbeing of their child/ren too and we can offer guidance in some key areas relating to this. Remember we are always available to listen if you have any concerns for your child, or another and will always strive to help, or signpost to those who can.

### **Promoting mental health and wellbeing**

#### **Physical activity-**

Why is it important? <https://youtu.be/Ejbdzt2586A> <https://youtu.be/mnXTTQDAr9I>

Government guidance-

- [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1054686/physical-activity-for-early-years-birth-to-5.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1054686/physical-activity-for-early-years-birth-to-5.pdf)
- [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1054282/physical-activity-for-children-and-young-people-5-to-18-years.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1054282/physical-activity-for-children-and-young-people-5-to-18-years.pdf)

Parents guide to children's exercise-



- <https://www.unlockfood.ca/en/Articles/Childrens-Nutrition/Children%E2%80%99s-Nutrition-Raising-Healthy-Kids/Let-s-Get-Active!-A-Parent-s-Guide-to-Physical-Ac.aspx>

#### Activities-

- [https://www.jumpinforhealthykids.org/userfiles/file/news/fun\\_fitness\\_activities\\_for\\_kids.pdf](https://www.jumpinforhealthykids.org/userfiles/file/news/fun_fitness_activities_for_kids.pdf)
- <https://barnetyouth.uk/uploads/files/187/Activity-Resource-Booklets/Sport-and-Fitness-2.pdf>

#### Videos-

- My Body Coach- Joe Wicks <https://www.youtube.com/c/TheBodyCoachTV>
- Cosmic Kids yoga- <https://www.youtube.com/c/CosmicKidsYoga>

Opportunities- Physical activities in and outside of school

#### **Mindfulness-**

- <https://www.mindful.org/mindfulness-for-kids/> for information on why mindfulness is important, for resources, audio clips and guidance for parents too.
- <https://youtu.be/QTsUEOUaWpY> for why mindfulness can benefit children.

#### Mindful breathing exercises-

- Belly breathing- <https://youtu.be/RiMb2Bw4Ae8>
- Rainbow Breathing- <https://youtu.be/O29e4rRMv4>

#### Meditation-

- <https://www.youtube.com/c/NewHorizonHolisticCentre/videos>

#### Mindfulness activities for children-

- <https://content.twinkl.co.uk/resource/e5/47/t-he-456-mindfulness-challenge-cards-ver-2.pdf?token=exp=1667746830~acl=%2Fresource%2F456%2F47%2Ft-he-456-mindfulness-challenge-cards-ver-2.pdf%2A~hmac=cd2d55427f9664f2743ad1c5531f9df08d1f4eae70020f7f1bca91ce30906327>
- [https://alderhey.nhs.uk/application/files/9815/8515/7280/Mindfulness\\_activities\\_for\\_kids.pdf](https://alderhey.nhs.uk/application/files/9815/8515/7280/Mindfulness_activities_for_kids.pdf)



- [https://sedlescombecep.e-sussex.sch.uk/wp-content/uploads/2020/05/Calmer Kids Mindfulness Journal.pdf](https://sedlescombecep.e-sussex.sch.uk/wp-content/uploads/2020/05/Calmer_Kids_Mindfulness_Journal.pdf)

### **Sleep-**

Parent Guide- How to help your child sleep- [https://www.youngminds.org.uk/young-person/my-feelings/sleep-problems?gclid=EAlaIqobChMlvKTI5-uZ-wIVW-rtCh0mJgIhEAAYAiAAEgJ5GvD\\_BwE](https://www.youngminds.org.uk/young-person/my-feelings/sleep-problems?gclid=EAlaIqobChMlvKTI5-uZ-wIVW-rtCh0mJgIhEAAYAiAAEgJ5GvD_BwE)

Parent Guide- Sleep hygiene for children- <https://www.healthforkids.co.uk/sandwell/wp-content/uploads/sites/13/2020/06/Sleep-Hygiene-Guide-for-Parents-health-for-kids.pdf>

Sleep Hygiene for children tips- <https://www.choc.org/wp/wp-content/uploads/2016/04/Sleep-Hygiene-Children-Handout.pdf>

Importance of sleep for children's emotional wellbeing- [https://youtu.be/1k\\_tT\\_GcMxs](https://youtu.be/1k_tT_GcMxs)

All About Sleep | Sleeping Facts For Kids | Science for Kids - <https://youtu.be/x3-2XQiSaE4>

Sleep meditations- <https://www.youtube.com/c/NewHorizonHolisticCentre/videos>

Sleep hygiene poster- <https://www.cambscommunityservices.nhs.uk/docs/default-source/Luton---NDD-Webpages/Sleep/sleep-poster76ddec06f4f66239b188ff0000d24525.pdf?sfvrsn=2>

**Healthy eating-** why is it important? Cheap recipes.

Guide to supporting healthy eating in children- <https://parents.actionforchildren.org.uk/nutrition-and-healthy-eating/>

Eatwell Guide for parents- [https://www.phunkyfoods.co.uk/wp-content/uploads/2019/05/Eatwell-guide\\_PRINT.pdf](https://www.phunkyfoods.co.uk/wp-content/uploads/2019/05/Eatwell-guide_PRINT.pdf)

Useful websites-

- [www.nhs.uk/change4life](http://www.nhs.uk/change4life)
- [www.nhs.uk/live-well/eat-well/](http://www.nhs.uk/live-well/eat-well/)

Growing own fruit and vegetables- <https://www.bbcgoodfood.com/howto/guide/easy-crops-kids-grow>

Guide to growing a vegetable garden- [https://www.nestle.com/sites/default/files/asset-library/documents/nutrition\\_health\\_wellness/vegetable-gardening-booklet.pdf](https://www.nestle.com/sites/default/files/asset-library/documents/nutrition_health_wellness/vegetable-gardening-booklet.pdf)

Recipes-

- Healthy kids recipes- <https://www.bbcgoodfood.com/recipes/collection/healthy-kids-recipes>
- Home Start- recipes for children <https://heartresearch.org.uk/wp-content/uploads/2020/01/Recipe-Book-2018-final.pdf>



- Family-Friendly Recipes - Kids in the Kitchen-  
<https://guelphfamilyhealthstudy.com/wp-content/uploads/2018/02/Family-Friendly-Recipes-June-17.pdf>

**Parental mental health-** video/guide

Guide- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/parental-mental-illness/>

Parental Mental Health problems- <https://learning.nspcc.org.uk/children-and-families-at-risk/parental-mental-health-problems>

**There are many websites offering support to parents-**

**NSPCC – Children’s mental health: Parents Guide**

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

**Place2Be - Supporting your child's mental health**

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

**Young Minds – fighting for young people’s mental health**

<https://www.youngminds.org.uk/parent/>

**Make it Count – A guide for parents and carers from the Mental Health Foundation**

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

**MIND – A charity campaigning for everyone experiencing a mental health problem to get support and respect.**

'Can you make someone get help?' video <https://youtu.be/OcZNRX-68oE>

### **Services in the area**

Lincolnshire local transformation plan for children and young people's emotional wellbeing and mental health- <https://www.lincolnshire.gov.uk/downloads/file/6223/lincolnshire-ltp>

### **Events in school**

- World Mental Health Day (10th October 2022)
- Anti-Bullying week
- Children in need
- International Day of People with Disabilities (3rd December 2022)
- Time to Talk (3rd Feb 2023)
- Children’s Mental Health Week (6-12<sup>th</sup> Feb 2023)



- World Sleep Day (17th March 2023)
- Healthy Eating Week (12th-16th June 2023)

### **School contacts**

Please do not hesitate to contact the school SENCo if you require further support. The details are available on our school website within the Information tab and click on SEND Information.