



**PRINCIPAL**  
Miss M Sweetlove

**ADDRESS**  
Bradfields Academy, Churchill Avenue, Chatham, ME5 0LB

**PHONE**  
(01634) 683990

**EMAIL**  
office@bradfieldsacademy.co.uk

**WEBSITE**  
www.bradfieldsacademy.co.uk



6 May 2020

Dear Parents/Carers

Welcome to week 6 of our Wellbeing Wednesday. We hope you found Week 5 helpful and that you have found ways to **'Give...your time, your words, and your presence'**.

This week's focus is on **connect** – talking, listening, being there and feeling connected.

You will find below detail of how to support wellbeing through developing communication within the home, this week's wellbeing quiz, the 'Challenge' and a simple recipe for a Lemon and Lime Cheesecake. We have also attached a number of resources including a Wellbeing calendar for May.

#### **Communication:**

Firstly, we would like to make all parents and carers aware that should you need to contact the academy the best methods during this crisis are via the academy phone: 01634 683990 by email: [office@fortistrust.co.uk](mailto:office@fortistrust.co.uk) or via Facebook. We are able to monitor these more easily from 'offsite'. We are monitoring the SchoolGateway but this is less frequent as it requires a member of admin team to be onsite. Tutors are also making contact with families this term.

#### **Supporting your child with their wellbeing:**

During the current lockdown, it is sometimes difficult for us, even as adults, to find answers to some of the questions that we may have about Coronavirus or how it makes us feel. We may feel bombarded with information about how best to explain to our children what is happening and to answer their questions. You may have already seen the attached information, but we hope it might help to share with you some official guidance and a couple of child friendly resources to enable you to have **conversations** at an appropriate level with your children.

Please take the time to see what has been included. These have all also been saved onto our website in the Community Section, Support for 'Families during the Coronavirus'. Here you will find a range of supportive resources:

<https://www.bradfieldsacademy.co.uk/page/?title=Support+for+Families+during+the+Coronavirus&pid=246>



**PRINCIPAL**  
Miss M Sweetlove

**ADDRESS**  
Bradfields Academy, Churchill Avenue, Chatham, ME5 0LB

**PHONE**  
(01634) 683990

**EMAIL**  
office@bradfieldsacademy.co.uk

**WEBSITE**  
www.bradfieldsacademy.co.uk

**There are lots of supportive agencies that can be accessed to enable your child or you to talk, some of these are:**



Just Talk is a multi-agency campaign, designed with young people, to improve the mental health and wellbeing of children and young people. The Just Talk website shares positive mental health and wellbeing information for young people, parents and professionals. There is a range of free to download resources including a schools toolkit which contains short 15 minute activities to run in form time, assembly templates, lesson plans, posters, quizzes etc. [www.justtalkherts.org](http://www.justtalkherts.org).

There is also a new Covid-19 page on the website, containing (amongst other things) wellbeing checklists for primary school and secondary school aged children, and parents, for them to use to help ensure they maintain their sense of wellbeing at home. These draw on the evidence based Five Ways to Wellbeing.

<https://www.justtalkherts.org/news/looking-after-your-mental-health-during-coronavirus.aspx>  
The Just Talk campaign is Hertfordshire based, but resources are free for other areas to use.



**Young Minds** provides tips, advice and where to get support for your child's mental health during the coronavirus (COVID-19) pandemic. They have specific detail on:

- Supporting your child if they are feeling worried
- Supporting your families wellbeing during lockdown
- How to access mental health support and treatment for your child
- What to do if you are struggling to keep your child at home during lockdown
- A free parent helpline 0808 802 5544 from Mon-Fri, 9:30am - 4pm

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

**Anxiety - [Anxiety UK](http://AnxietyUK.org)**

- Practical advice and information for anybody affected by anxiety, stress and/or anxiety based depression – as well as for their parents, family and friends.
- In response to Coronavirus, they are extending their Infoline hours to support as many people as possible. Now open Monday-Friday 9.30am-5pm, and Saturdays and Sundays from 10am-8pm.
- Phone: 0344 477 5774 Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk) Text: 07537 416 905
- Live Chat available during office hours via the website
- You can join #Coronanxiety webinars and support groups, including around topics such as OCD, uncertainty and claustrophobia, at [www.anxietyuk.org.uk/coronanxiety-support-resources](http://www.anxietyuk.org.uk/coronanxiety-support-resources).

**PRINCIPAL**

Miss M Sweetlove

**ADDRESS**

Bradfields Academy, Churchill Avenue, Chatham, ME5 0LB

**PHONE**

(01634) 683990

**EMAIL**

office@bradfieldsacademy.co.uk

**WEBSITE**

www.bradfieldsacademy.co.uk

**Autism - [National Autistic Society](#)**

- You can find information about coronavirus on the website – and look out for more ideas and suggestions for supporting someone with autism around routine change, anxiety and sensory issues such as hand washing over the coming weeks.
- You can also contact their Helpline for information and advice. Open Monday-Thursday 10am-4pm and Fridays 9am-3pm.
- Phone: 0808 800 4104

**Emotional support for young people**

[The Mix](#) You can find information on their website about coronavirus and ideas for things to do while staying home.

- Their emotional support services are open as normal – and if you're under 25 you can talk to them about anything that's troubling you over the phone, email or webchat. You can also use their phone or online counselling service.
- Helpline open daily 4-11pm: 0808 808 4994
- [Email service](#)
- [Webchat](#) open daily 4-11pm
- [Counselling service](#)

**Supporting Communication development through play – during lockdown**

Communication activities that are 'hands-on', engaging and based around play can support your child's development. Play by its definition is fun and there is lots of research around the importance of play for learning and development. Children need play to support their development and thus should be included in their everyday learning environments

**But, What does Play have to do with Communication?**

For those times when children come back inside and exclaim 'I'M BORED', we have compiled a list activities to keep children entertained which also have a strong communication focus. These activities can be done with all children to support communication in general or indeed if you have more specific speech/language or communication goal in mind for your child. The skills focused on range from attention and listening, speech and literacy skills, understanding language, vocabulary development, auditory memory, social skills and inferencing and prediction skills. The children will be so engrossed and having so much fun that they will not even notice they are developing these skills.

**2. Board Games**

This is a simple one. With so many toys on the market, it can be easy to forget about the humble board game. Take any board game or group game that you already have out of the cupboard. Sometimes we can forget what we have at home but it is definitely worth a rummage to see what is there. Some favourites are Pop-up Pirate, Kerplunk, Snakes & Ladders and Buckaroo.

**Key to Supporting Communication**

The key element to its success is having an adult there facilitating it – to support turn-taking or talk about winning/losing, etc. The amount you will need to step in or support will vary depending on the game and age of the children. Games like this support turn-taking skills,

**PRINCIPAL**

Miss M Sweetlove

**ADDRESS**

Bradfields Academy, Churchill Avenue, Chatham, ME5 0LB

**PHONE**

(01634) 683990

**EMAIL**

office@bradfieldsacademy.co.uk

**WEBSITE**

www.bradfieldsacademy.co.uk

attention and listening, vocabulary skills and social skills. Taking social skills as an example, you may have difficulties at home with people all talking together at the same time or some issues with 'sharing'. These games help to practice that idea of 'taking turns' in a fun way. Games like Pop-up-pirate are great as they do not go on too long and there is an exciting endpoint where something happens or pops up. These are particularly good for younger children who may have shorter attention spans. Old classics like snakes and ladders and Monopoly are great for older children too.

## 2. Ice Excavation

Why not give this a try, it's just so simple to do. All you need to do is collect a bowl of your child's small toys, fill with water and place in the freezer. You can add food colouring or glitter to it to make it more interesting. When it's frozen take it out, tip the icy mass out of the bowl in the garden or in a tray inside. Voila! Give the children the challenge of doing an excavation to find the items.

You could also freeze the items individually using plastic mugs and have a competition to see who can get their toy out first. There are so many targets you could work on for this some ideas are:

### Vocabulary

Use toys related to a certain category e.g. sea life – name the items as they excavate them. If your child can easily do this ask them to think of more examples from the category.

### Problem-solving

Do not give your child the means to rescue the items and see what they come up with themselves e.g. using a spoon to pick at the ice.

### Grammar

Practice using irregular past tense and sentences as your child finds the items encourage them to tell you what they 'found' e.g. 'I found the fish'.

### Auditory memory

Once your child has found and named all the items place a towel over them and see how many he/she can remember.

## 3. Slime Time

Slime is always very popular, there are many slime recipes that you can find online to make slime at home. You might be thinking how can slime help my child's communication? Firstly, when making the slime you can help your child to follow directions, choose colours/glitters etc., learn new words including 'mix', 'measure', 'pour'. You can work on concepts including 'few' 'add' 'half' 'full' and numbers. Once the slime is completed you can use words like 'squish', 'snip', 'stretch' to play with the slime. You could also use the slime-like Play-dough to make other objects e.g. make me a cloud, tree, snowman. Playing with slime is also an excellent sensory and fine motor activity and children absolutely love it!



**PRINCIPAL**  
Miss M Sweetlove

**ADDRESS**  
Bradfields Academy, Churchill Avenue, Chatham, ME5 0LB

**PHONE**  
(01634) 683990

**EMAIL**  
office@bradfieldsacademy.co.uk

**WEBSITE**  
www.bradfieldsacademy.co.uk

## 4. Mini Chefs Challenge

Involving children in cooking has so many benefits. It may take a little more time initially, but it really is a great way to get your child to understand more about food and in some cases, it can help children with restrictive diets to eat a wider range or become a little more adventurous with food. It also helps with communication in the following ways:

### Following instructions

While you are cooking ask the child to get things from the kitchen. You can make this easier by asking for one thing at a time, showing your child where it is etc. You can make it more challenging by asking for more than one item and/or giving your child a clue what the item is. I need one yellow fruit and see if they can guess what it is.

### Sequencing

Give instructions like, 'First pour in the water then mix together' and ask your child to tell you what they did afterwards supporting them to use the words first/then. This will help them to organise their thoughts and ideas and tell stories/give explanations in the correct order. There are also some great child-friendly recipes with pictures for free online have a go at following one of these asking your child to tell you what you need to do next in the recipe.

### Vocabulary

There are lots of new words linked to cooking and food that you could use depending on the recipe. You could talk about mashing avocado, squeezing a lemon, chopping red onion and sprinkling salt.

### Social skills

If cooking with a group of children, assign roles and give only a few items ensuring there is a need to share what they have. Help the children to do this by modelling requesting language 'can I have the spoon please?'



### This week's Quiz:

Have some fun and try to answer these questions. We will send out the answers with next week's Wellbeing Wednesday update

1. Which famous Disney adventure features a character called Quasimodo?
2. What is a didgeridoo?





**PRINCIPAL**  
Miss M Sweetlove

**ADDRESS**  
Bradfields Academy, Churchill Avenue, Chatham, ME5 0LB

**PHONE**  
(01634) 683990

**EMAIL**  
office@bradfieldsacademy.co.uk

**WEBSITE**  
www.bradfieldsacademy.co.uk

3. Some experts say that flamingo egg yolks are yellow-orange, but what other colour are they also often said to be?
4. What is the capital city of Austria?
5. Who steals a rose from the Beast's garden in the film Beauty and the Beast?
6. What mode of transport is a rickshaw?
7. Can you unscramble the following letters to reveal an island country located on the east coast of Africa: DAAAARCSGM?
8. What colour is Tinkerbell's dress?
9. True or false: Pigeons produce milk for their young?
10. Who created the word 'bump'?

The answers to last week's quiz questions are below:

### Quiz Week 5 answers:

1. 20
2. Barack Obama
3. Ed Sheeran
4. Greece
5. New York
6. 80
7. Siamese as it is a breed of cat, not dog
8. True
9. Dani Harmer
10. Red

**How did you do?**

## CHALLENGE

### Weekly Challenge

THE TASK Watch this clip of a [Happy Birthday Water glasses](#) Task is to film yourself playing one verse of Happy Birthday using water in glasses.

### Weekly Recipe to try at home:



### Lemon and Lime Cheesecake

#### Ingredients:

75g butter  
200g digestive or ginger biscuits  
1x tin condensed milk

#### Equipment:

1 cheesecake/sandwich tin  
Cling film or foil



**PRINCIPAL**  
Miss M Sweetlove

**ADDRESS**  
Bradfields Academy, Churchill Avenue, Chatham, ME5 0LB

**PHONE**  
(01634) 683990

**EMAIL**  
office@bradfieldsacademy.co.uk

**WEBSITE**  
www.bradfieldsacademy.co.uk

300ml double cream  
1 lemon  
1 lime

### Process:

1. Crumble the biscuits using a bowl and rolling pin.
2. Melt the butter and blend it with the crumbs.
3. Line a cake tin with cling film or foil and firmly press the biscuits into the base.
4. Put into your refrigerator to allow to set.
5. Mix the condensed milk and the cream together in a large bowl. Use a whisk to really mix it properly.
6. Grate the zest from the lemon and put to one side.
7. Squeeze the juice from the lemon and add to the cream mixture. Add 1-2 tablespoons of lime juice.
8. Blend the juices into the mixture of cream and milk using a whisk, the mixture should curdle if it does not then add some more juice.
9. Pour the mixture onto the base and decorate it with lemon or lime zest.

### Useful Websites:

If you're worried about your mental health during the Coronavirus contact the Samaritans

Call 116 123 or email: [jo@samaritans.org](mailto:jo@samaritans.org)

Mindfulness exercises and resources <https://www.livingwell.org.au/mindfulness-exercises-3/>

Recipes from Medway Cooks - Live video – Early Years Nutrition

<https://www.facebook.com/triforyoumedway/> (Wednesday)

DIY Happiness - uses humour, creativity and principles of positive psychology to give practical advice/info to help people 'bounce back' from adversity and increase resilience.

[www.diyhappiness.co.uk/](http://www.diyhappiness.co.uk/)

Hope you find this week's Wellbeing Wednesday helpful, we would be grateful for any feedback or pictures.

Many thanks

Ms Sweetlove & Mrs Halton

