

Friday, 5th February, 2021

## St Bernadette's Roman Catholic Primary School

*Live the Gospel and when necessary use words*



# Bernadette's Blog

## National Storytelling Week

This week one of the things we have been celebrating is

National Storytelling Week.

We asked the children to share with us some of their favourite stories and story characters.

Thank you to everyone who contributed.

This week has also been Children's Mental Health Week.

Always a topic that is at the forefront of our minds, staff have been

especially busy this week trying to help the children and their families cope in these very difficult times.

Mrs Walker, our Senco and Mrs Milner have put together some websites and activities which we hope you may find useful.

You will find these in later pages.





# National Storytelling Week





# National Storytelling Week





# Children's Mental Health Week

This week, it has been Children's Mental Health Week—but we all know that this is a really important topic which needs to be at the forefront of our minds, every day of the year—especially in these unprecedented times.

And it isn't only the children's mental health we need to be aware of but our own too!

## Anxiety presents itself in many different ways...

The desire to control people and events 	Difficulty getting to sleep 	Feeling agitated or angry 
 Defiance and other challenging behaviors	 Having high expectations for self, including school work & sports	 Avoiding activities or events (including school)
Pain like stomachaches and headaches 	Struggling to pay attention and focus 	Intolerance of uncertainty 
 Crying and difficulty managing emotions	 Over-planning for situations and events	 Feeling worried about situations or events


### THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill


What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love




What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



### THE STRESS RELIEF GIRAFFE



OUT OF CONTROL	<p><b>WHAT YOUR CHILD CAN DO:</b></p> <ul style="list-style-type: none"> <li>• Calm breathing exercises</li> <li>• Use visualisation meditation techniques</li> <li>• Body tightening exercises (progressive muscle relaxation)</li> <li>• Sigh to become fully present in the moment</li> <li>• Practice music therapy</li> <li>• Change location / surroundings</li> <li>• Use a stress ball / fidget toy</li> <li>• Give themselves a 10-second hug to boost their mood</li> <li>• Colour, draw, write, craft, etc.</li> <li>• Practice positive self-talk / words of affirmation</li> <li>• Exercise</li> <li>• Go outside</li> <li>• Play</li> <li>• Hydrate with water</li> </ul>
SCARED OF LOSING CONTROL	
NERVOUS	
UNSURE	
CALM	

## Vacancies

We have spaces in Year 2 and Reception, please email [office@st-bernadettesprimary.co.uk](mailto:office@st-bernadettesprimary.co.uk)  
You may apply now for places in Reception Sept. 2021



# Children's Mental Health Week

Mrs Walker has listed below some websites which we hope you may find useful to help support your child and yourself.

## Resources for families and carers

[Coronavirus: looking after your mental health at home \(place2be.org.uk\)](https://place2be.org.uk/coronavirus-mental-health-at-home)

Paula Nagel, Place2Be's Principal Educational Psychologist, suggests some ways that you can look after your children's, and your own, mental health and wellbeing at this unsettling time

## Resources for Families & Supporters - Emerging Minds

Provides resources which children, young people and their families may find useful in the context of COVID-19

## Coronavirus: resources and information | Centre for Mental Health

Provides a variety of links to resources to support wellbeing of children and young people, parents and carers and staff during Covid 19

[when-emotions-explode-poster.pdf \(youngminds.org.uk\)](https://youngminds.org.uk/when-emotions-explode-poster.pdf) A three-step pyramid to help parents respond to the different stages of their child's behaviour during this time

The COVID-19 health and wellbeing webpages on the Council website contain guidance that would be useful for parents about how to support children. The Wellbeing pages can be found here:

<https://my.northynteside.gov.uk/category/1430/health-and-wellbeing-during-covid-19>

Childline Calm Zone – Provides lots of ways for children to stay calm including breathing exercises, activities, games and videos to help let go of stress.

<https://www.childline.org.uk/toolbox/calm-zone/>

## **Self care:**

Self care advice for parents from the Anna Freud Centre can be found [here](https://www.annafreud.org/media/12208/selfcarepc-final.pdf)

Self-care top tips for young parents and carers - booklet which offers some simple self-care advice for young parents and carers about the importance of self-care and looking after their own mental health and wellbeing whilst raising children. <https://www.annafreud.org/media/12208/selfcarepc-final.pdf>

Anna Freud Centre Crisis Messenger Parent and Carers poster can be found [here](https://www.annafreud.org/media/12208/selfcarepc-final.pdf).

[Every Mind Matters](https://www.everymindmatters.org/) – Provides expert advice and practical tips to help you look after your mental health and wellbeing.

Free online course provided by Creative Education including 'Supporting your worried child', 'Simple self sooth techniques' and 'Staying mentally well during Covid 19'. Found here: [On-Demand Courses - Creative Education](https://www.creativeeducation.org.uk/on-demand-courses)

Wellbeing Bingo: <https://youngminds.org.uk/media/2913/wellbeing-bingo.pdf> - for anyone, teachers and parent too!

Mrs Collins has also recommended the following website as useful for ideas for home learning.

It is a Zoo Discovery website which the children might enjoy!

<https://www.zsl.org/learning-resources>



# Home Learning and Achievements



Maggie has been busy working on her baking this week. She has made delicious cherry coconut scones. Yum!



As part of his Nursery work Joshua made a rainbow as a sign of hope. He said it made him because it has lots of bright colours. Fab!



George has been researching facts about Greenland for his work for Miss Kincaid. He made a beautiful poster! Well done, George!



Since the start of the first lockdown Joey has been working towards his Beavers badges at home, and his scout leader sent all of the badges he had achieved in the past last week! 14 badges in total! That's amazing!! Well done, Joey!



## Happy Birthday!



We would love to see all your Home Learning activities, birthday photos, achievements, good news, sports awards and acts of kindness on the blog each week! Let's keep in touch during Lockdown!

Please email to [blog@st-bernadettesprimary.co.uk](mailto:blog@st-bernadettesprimary.co.uk) by 10am Thursdays

## Next Week!

Next week we shall be celebrating "Chinese New Year 2021"  
Details for contributions will be with you on Monday morning.  
Look out for details on Monday morning!



Mass: Sunday 11.30am  
Fr John McElhone— 0191 2623820

Message from Fr John



We have launched new more interactive websites bringing you the most up to date news regarding our parish communities which will be updated on a daily basis.

These can be found at:

[www.staidanschurch.uk](http://www.staidanschurch.uk)

[www.stbernadetteschurch.uk](http://www.stbernadetteschurch.uk)

On our websites you will find information relating to times that churches will be open, booking a place for Mass and the initiatives that we will be undertaking to try and keep in touch with parishioners.

Additionally we have a Facebook Page:

[St Aidan's and St Bernadette's Community Page](#)  
which you can join.

We shall miss you  
Captain Sir Tom!



## Prayer for the Week

**Pope Francis**  
**Prayer for protection from Coronavirus**

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas - we who are put to the test - and deliver us from every danger, O glorious and blessed Virgin.



Domestic abuse –  
**Where to  
get help  
during the  
Covid-19  
pandemic**

**For 2 million victims of domestic abuse, home may not be the safe place it should be.**

We can help and support you if you are experiencing domestic abuse, you can contact Northumbria Police by telephone on 101, or online via [www.northumbria.police.uk](http://www.northumbria.police.uk)

However in an emergency, always call 999. If you dial 999 and are unable to speak, the emergency operator will ask you to dial 55 and to follow their instruction to quickly put you in touch with Police.

[www.northumbria.police.uk](http://www.northumbria.police.uk)  
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