



Nascot Wood Junior School, Nascot Wood Road, Watford WD17 4YS

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Headteacher: Christina Singh

Thursday, 21 January 2021

Dear Parents,

We have been impressed by how well your children are adapting to their new way of learning. We have seen high levels of engagement from many of them, and we are working with others to support them to increase their engagement.

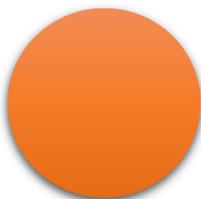
However, we are aware that periods of lockdown can have a negative impact on a child's mental health and wellbeing.

As a school, we have made it a priority for your child to have access to their Class Teacher/Teaching Assistant twice a day through google meetings. This will enable us to stay connected with your child, both in terms of their learning and their wellbeing.

Additionally, Class Teachers have made their pupils aware that they can contact them individually if they need to talk on a one to one basis.

As parents, it may be useful to know that there are ways in which you can support your child's mental health and wellbeing at home:

- Make sure that they spend time outside each day, either in the garden if you have one, or in a local park. Just 20-30 minutes a day spent outdoors can significantly reduce cortisol levels and lower stress levels. It also gives your child a break from a screen and gives their brains time to switch off.
- Stick to the routine of the school day. Try to ensure that your child is dressed and ready for their school day to begin at the usual time of 8.50am. Equally, ensure that they take breaks during the day and finish their day at 3.30pm. If they haven't had time to complete all of the work set for that day then their teachers will understand.
- At school the children practice mindfulness sessions daily through a programme called 'Headspace'. It is well known that mindfulness can both relieve stress and anxiety and improve mood and happiness, alongside boosting concentration and focus. Some teachers have incorporated this into their google meetings or set it as a daily task. Below are links to some short Headspace videos which you might like to try with your child.



[Headspace | Meditation | Getting Started - YouTube](#)  
[Mini meditation | Appreciate nature - YouTube](#)  
[Headspace | Mini meditation | Unwind - YouTube](#)  
[Headspace | Mini meditation | Find your focus - YouTube](#)  
[Headspace | Mini meditation | Breathe - YouTube](#)

- As part of the school's mental health strategy we talk to the children about the '5 ways to wellbeing', as set out below. Have a chat with your child about how they can continue with this during the lockdown period.



If you are worried about your child's mental health, please contact us and your child's GP.  
Thank you for all that you are doing to support your children during this challenging time.

With best wishes,

*Christina Singh and Avril Agnew*

Headteacher

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