

Therapy & Wellbeing Newsletter



Bromley Beacon Academy
Bromley Trust Academy
Bramley Oak Academy

Spring Term 2021

Edition 5 Volume 2

Dear Parents & Carers,

As spring arrives, so does the much welcomed opportunity to see our friends, family and colleagues once more, as lockdown gradually eases. But for many of us this longed-for reconnection

We hope that in the pages that follow we may offer resources and support. There is a section on activities, resources and importantly, how we may look after our own mental health at this time.

"The dry seasons in life do not last. The spring rains will come again." Sarah Ban Breathnach

For more information, resources or support, contact your school therapy team: *Emma Turner & Sarah Measures*
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may also feel challenging, as we come to terms with the difficulties and losses of this past year and the gradual reawakening of our community once again.

Our Newsletter this term has the topic: Reconnection, Renewal and Change.

In the same way that it took time to adjust to lock-down, it may take time for us to transition our way out.

Remember, it is important to know that you are not alone and we encourage you to connect, talk to someone and ask for support if you are feeling overwhelmed. The therapy team is here not only to support your child, but parents and carers too.

Wishing you a peaceful and happy Easter.

Warmest Wishes,
The Therapy Team

PARENT & CARER SUPPORT GROUP



These supportive and friendly get-togethers are aimed at offering practical techniques to build confidence and improve relationships across the whole family.

We have moved things online for now and please join us for a virtual cup of tea and chat on

Wednesday 24th March

Wednesday 28th April

1.30pm- 2.30pm

Please contact your school therapy team if you are interested in joining us and we will send you the link for the meeting.

We would love to see you there, everyone is welcome!



BROMLEY TRUST ACADEMY
BROMLEY BEACON ACADEMY
BRAMLEY OAK ACADEMY

Part of
LONDON
SOUTH EAST
ACADEMIES
TRUST

Reconnection, Renewal and Change

We are being told that following a year of upheaval and uncertainty things are starting to “go back to normal” - the world is slowly reopening and it’s time for us to start reconnecting with one another and our previous ways of life.



But of course things can’t go back to exactly how they were before March 2020. For better or worse, we and the world are now all somehow different and we are having to accept a renewed perspective.

We can be sure that the coming months will be full of change, and although change is a constant and inevitable part of life, it can certainly bring up complex feelings; discomfort, anxiety, stress and insecurity to name a few. However, as the flowers start to grow and the days get lighter and longer, we can also feel hopeful that there is now a light at the end of the tunnel through this difficult time.



We can choose to bring forward any of the positives of the last year that we might wish to continue, such as spending quality time with our families, whilst also leaving behind what no longer serves us. We can find strength in knowing that the challenges of this time have built resilience in us all and move on to the next chapter ready to take on whatever life sends our way!

The road back to normality may be rocky for our children and rocky for us, but with the right support, we can try and find the ways that these changes might be positive opportunities – to grow, develop and start afresh. We all have a chance for a new outlook on our lives and can now renew our relationships with one another as we all return to school and work, face to face again.



**Wednesday 24th March
2021**

1.30pm - 2.30pm

Join us for the LSEAT parent and carer support group, run monthly by the LSEAT therapy team.



**LONDON
SOUTH EAST
ACADEMIES
TRUST**



**INFORMAL
CONFIDENTIAL
SUPPORTIVE**

We have moved things online for now, please contact your school therapy team to register your interest and receive the Zoom link for the meeting.

Monthly

1.30pm
-2.30pm

Via
Zoom

Make yourself a cup of tea and join us virtually for this informal and friendly support group.

**For all parents and carers within
South East London Academies
Trust**

*For more information speak to your
school therapy team*

Activities for Primary students

Here are some activities to do with your children and young people around the theme of change. You may wish to do these over the Easter holidays or whenever you have time.

Birdie Nest out of wool and glue, or found objects such as sticks and leaves. You need wool, string, or sticks and leaves, also a lot of PVA glue and a container with a rounded bottom. First of all, douse the wool in loads of gloopy glue, this is the fun and messy, sensory play element! Then lay pieces of the sodden wool one at a time across the pot, criss-crossing and overlapping to build up a beautiful effect of a brightly woven basket.



Leave it to dry overnight. Carefully remove the pot from underneath and you are left with a beautiful nest shape, all ready to fill with eager little chicks!

Cress heads are just great if you want to do something with the children where they can see the fruits of their labour early on. Cress is perhaps one of the easiest things to grow – perfect for getting those green fingers ready for the spring. And it goes lovely in those egg sandwiches that you can have ALL year round!



Because cress is so simple to grow, you can use it as a good experiment with the children to show them all the things that plants need to grow - water, sunlight and warmth. Sprinkle some cress seeds on damp cotton wool inside an empty egg shell and don't forget to decorate it.

About 10 days and it will be ready to eat!

Developing Self-Awareness

Help your child develop self-awareness by setting personal goals. Self-awareness is learning and recognizing their own thoughts and feelings. Have your child set their own personal goal for the day. This could be something like making their bed, doing one kind thing for their sibling, staying on track when doing math, or asking a question if they do not understand an instruction.

Activities for reconnecting with your Teenager



Conversation Starters

If you want to connect with your teen or tween and get them talking, sometimes it's easier to start on neutral territory. There are several different conversation starter tools that can be fun for a family to use at meal-times or even in the car.

Did you know that the car is one of the best places to talk with tweens and teens because there isn't direct eye contact? Just that one little factor can make them more likely to open-up.

Family Game Night

No, family game night is not dead! They may sigh and protest, but giving them the chance to take down Mum and Dad, or even their annoying siblings, is an offer they won't be able to resist. Also, keep in mind, family game night doesn't always have to mean board games! Sometimes to connect with your teen or tween, it means being willing to meet them on their turf. So, maybe it's time for parents/carers to learn how to play one of their favourite video games or how to connect with them on a popular gaming app.

Trace Your Family Tree

Want to connect with your teen or tween? A family tree project could be a great way to spend time together. Figuring out who they are is a big part of the tween and teen years. That's why finding out more about their ancestors could actually be appealing to this age group. They are looking for ways to belong and looking for what connects them to the people and world around them.

Cook with Your Teenager

The benefits of families eating regular meals together is indisputable. It improves self-esteem, helps encourage strong academic achievement and contributes to healthier behaviour. But when the kids are the ones preparing some of those meals, it can also provide quality parent/teen time and help them develop a useful life skill. You may also discover that they are willing to try more new foods this way.

A few other easy ideas to connect with your teen or tween:

- Suggest taking a walk or going for a bike ride together regularly
- Let them choose a Netflix series and watch together
- Redecorate their room with them
- Let them teach you how to do something new on your cell phone or the computer

In order to connect with your teen or tween and build the kind of relationship you want to have with them, don't try to force things. Look for the smaller opportunities to present themselves or seek out ways to meet them on their turf. Then simply be patient, be a good listener and let them open up to you in their own time.

Resources

Here's some great links we wanted to share:



Change

10 ways to cope with big changes

<https://bit.ly/3t2FOj1>

Reconnection

Nurturing our relationships during the pandemic

<https://bit.ly/3ven2H4>

Resilience

Developing resilience – tips

<https://bit.ly/3ouV14P>

Free mindfulness apps:

(These are available on both iOS and Android)

For you
Stop, Breathe & Think



For your child
Smiling Mind



Parents & Carers Webinar

'Helping Children with Fears & Worries'

A free one-off session supporting **parents/carers of children in school years 4-11** living in the Bromley Borough to:

- *Understand more about anxiety in children*
- *Consider strategies for that that can help to manage fears and worries, and build confidence at this challenging and uncertain time*
- *Learn more about local services for further support*

The webinars will be delivered online via **Microsoft Teams** and will be facilitated by practitioners from Bromley Y. To ensure smooth running of the session you will be asked to kindly turn your camera and microphone off for the duration of the webinar, but participation via the chat function is optional.

Please note there are limited slots available per session. Please ensure you sign up for the appropriate session, depending on your child's year group.

Primary Webinar Dates:

- Weds 14th April @ 10:30am – 12noon
- Sat 15th May @ 10:30am – 12noon
- Tues 15th June @ 1pm – 2:30pm
- Thurs 15th July @ 10:30am – 12noon

Secondary Webinar Dates:

- Weds 21st April @ 1pm – 2:30pm
- Tues 25th Mar @ 5:30pm – 7pm
- Sat 24th June @ 10:30am – 12noon
- Mon 19th July @ 10:30am – 12noon

To book a place at one of the sessions please visit:

<https://www.eventbrite.co.uk/o/bromley-y-31612643251>

Once you have booked a ticket, you will receive an email with details of how to join the webinar. If you become unable to attend, please cancel your ticket order on Eventbrite so the space can be released to another parent, as spaces are limited.



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Independent Registered Charity No. 291181 Registered Company No. 1844941

Signposting and resource websites



Thoughts on how to reinvent staying connected in a meaningful way, with a powerful practice in deepening bonds. [8 Tips for Reconnecting in a More Meaningful & Authentic Way \(susancyoung.com\)](http://susancyoung.com)



You need to change in order to grow, you can't grow if you just stay where you are. You can't grow if you don't change the way you think and act. <http://www.lifeoptimizer.org/2009/02/17/tips-to-change-your-life/>



The mind is a beautiful thing. We use it to think and reason. This is a collection of attitudes and ideas which shape how you think about yourself and your environment and determines your behavior, outlook and attitude towards the occurrences around you. <https://greatperformersacademy.com/health/10-tips-on-how-to-renew-your-mind-and-transform-your-life>



Top Tips with clear, practical advice and support for people experiencing issues with mental health and money. <https://www.mentalhealthandmoneyadvice.org/en/>

YOUNGMINDS

Leading the movement to make sure every young person gets the mental health support they need. <https://youngminds.org.uk/>



Our vision is equality, rights, the fair treatment and maximum quality of life for those affected by mental illness, their carers, family and friends. <https://www.rethink.org/>

Local Agencies, Charities and Support Services



Family Voice Surrey champions the needs and rights of SEND families in Surrey: families with children or young adults up to the age of 25 who have special educational needs, chronic illnesses, including mental health conditions, or disabilities.

<https://www.familyvoicesurrey.org/> t: 01372 705708



Surrey Drug and Alcohol care is a registered charity offering a Helpline open to callers 24 hours a day, 365 days a year. Helping and supporting anyone who is concerned about the problems that drugs, alcohol or mental wellbeing cause. <https://sdac-helpline.co.uk/>



Home-Start Surrey Working together with families in support of family life we aim to increase their confidence and independence. <https://homestartsurrey.org/>



Surrey Domestic Abuse Partnership (SDAP) is a group of independent charities who work together across the whole of Surrey to ensure that survivors of domestic abuse are safe, and to build a future where domestic abuse is not tolerated.



SOS!SEN offering a free, friendly, independent and confidential telephone helpline for parents and others looking for information and advice on Special Educational Needs and Disability (SEND). <https://www.sossen.org.uk/> Tel: 0208 538 3731



Mind provides advice and support to empower anyone experiencing a mental health problem. www.mind.org.uk



Children's Health Surrey Children and Family Health Surrey is the Surrey-wide NHS community health service for children and young people from birth up to 19 years of age and their parents and carers. <https://childrenshealthsurrey.nhs.uk/> Tel: 01883 340 922



*Wishing you all a peaceful and happy Easter break,
from the LSEAT Therapy Team.*