



*Together We Are Safe, Together We Are Respectful, Together We Achieve*

## **Wellbeing Wednesday #7**

*Each Wednesday we will be posting some exciting Wellbeing content for our community. This may include information about how you can support your children's and families' wellbeing, a snapshot on mental health issues currently prevalent in the community, or information about a local service in the area that might benefit you or your child.*

**This week's topic is Wellbeing in the home.**

### **Lockdown problems**

To keep us physically safe we have been asked and asked again to stay at home. While this helps to contain the awful virus it can do some damage to our mental health. Many of you will have felt this through the loss of work, income or social interactions. You might be trying to work from home while managing kids home schooling and running a household. It can put a huge amount of stress on you as parents and carers, but also on children as their structure and routine is flipped on its head.

It is at this point that you might need the reminder that it is perfectly okay to struggle with lockdowns. There is a global health emergency at hand and you cannot be expected to operate at your usual standard. So go easy on yourself and your family and know that you are doing your best with what you've been given. Here are some useful hints that might make it a bit easier this time around.

### **Learning from home**

- Create a learning routine – kids need structure and when they cannot attend the structured school day it can be helpful to try and replicate this at home. Set a start time and an end time with breaks mixed in, just like school. This will help give the kids direction and focus and might give you some time to get some work done yourself. Encourage kids to wear their uniform and even have the lunch packed. The more things kept consistent the better.
- Celebrate small successes – Set goals with your children and when they achieve them get excited! It doesn't have to be a big goal; it could be reading independently for 15 minutes or completing their maths task. Agree upon a reward (like an episode of their favourite show) in advance and celebrate when you achieve their goal together.
- Get creative at home – the lessons your teacher provide are a great way to practise the skills they have been learning, but don't be afraid to get creative in their downtime. Cooking, gardening, painting, playdough, slime, science experiments, writing, comic book creating, the choices are endless.
- Every day is a fresh start – don't be surprised if you have bad days. Lockdown can put us all in a difficult place and things can and will go wrong. Always remember that tomorrow is a new day and a chance to succeed again. Reflect with each other on what went wrong and how tomorrow can be different.

Following these tips will help your child stay engaged with their learning and help maintain that crucial routine and structure. As mentioned in a previous newsletter, consistent and reliable routine is a significant predictor of good mental health. Regular bed times, school times, meal times and social times means kids can focus on what they are doing in the moment, not wondering what is going to happen next.

## **Tips for you**

By now you have probably figured out what works and doesn't work for yourself in lockdown. However, if you're stuck for ideas here are some simple tips that might help being stuck at home.

- Use your exercise time – pending the restriction rules, utilise the time for walks and opportunities to leave the house safely. Getting out and moving has been proven to boost your mental health. It also gives you a break from the noise. Schedule this time in as it can disappear if you don't plan for it.
- Find things to be grateful for – while we can have plenty to feel negative about, there are always positives to look for. Ask yourself “What was a nice moment I had today?” It might have been with your child, a funny joke you saw, or even just some quiet time by yourself.
- Find ways to connect – Social media is intended to keep us all connected but often has the opposite effect. If you're having a down day, call someone you love and remind them of a funny memory you shared together. Otherwise organise regular video chats with family or friends. Seeing other people feel the same way you do can be very therapeutic and beneficial for our wellbeing.

Remember, we are all in this together. As a school and a community we will do what we can to support each other and come out the other side stronger.

For more information visit [redcross.org.au/stories/covid-19/coronavirus-tips-for-self-isolating](https://redcross.org.au/stories/covid-19/coronavirus-tips-for-self-isolating) or contact Griffin Errey through the Woodville PS email or phone line.

Have a great week!

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