



We are extremely proud of how our children have coped with the recent changes, showing the increasing resilience that they are developing. We hope that you enjoy the summer holidays.

For Everyone's wellbeing—Looking Forward

Life has certainly had it's ups and downs over the past year. If we can stay in the present moment and make peace with the past, we can begin to look towards the future (Kelly Hannaghan).

Here are some daily reminders:

- the past can't be changed
- everyone's journey is shaped differently
- happiness is found within
- things get better with time
- kindness is contagious
- positive thoughts create positive things



Resilience

You've Got This!

Resilience is 'The ability to cope through difficult circumstances, to bounce back from the problems faced in life.'

Top Tips for Resilience

You can support your child with building resilience:

- **Help** them to maintain good health
- **Support** positive friendships and relationships
- **Encourage** time doing talents and interest
- **Understand** their emotions and behaviours
- **Provide** unconditional love and security

The education people have put together a wellbeing workshop for parents. Please find the link below

[Wellbeing toolkit for parents | The Education People](#)

Mental Health and Wellbeing



Newsletter 3



Porch light offer free support with mental health and wellbeing for people anywhere in Kent.

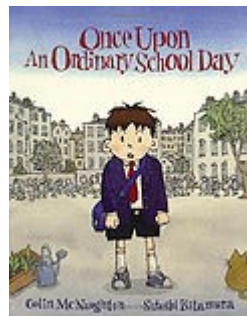
[Porchlight](#)



Mind Uk provide help and support to empower anyone having a mental health problem.

Transition

Change is a normal part of life and can provide opportunities for children and young people to develop their resilience



A story to share with your child:

This is a story about children having a new teacher.

[Once Upon an Ordinary School Day - Bing video](#)

Transitioning from primary to Secondary

Follow the links for useful resources.

[Supporting children's transition to secondary school | Childrens mental health and wellbeing in schools | Anna Freud Centre](#)

[How to support your child practically : Mentally Healthy Schools](#)

How to support your child to maintain good health!

NHS
Kent Community Health
NHS Foundation Trust

Encourage Healthy Eating

Get Regular Exercise

Good Quality Sleep

Positive friendships and relationships

Find a hobby that is fun, relaxing or challenging!