



Week beginning: 27.04.2020

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**Welcome...** to the first EVER School-Home Support (SHS) Newsletter for Cedar Mount Academy, Rushbrook Primary Academy and Stanley Grove Primary Academy. This week's edition is an opportunity for us to tell you a little bit about who School-Home Support is and how we might be able to help you through this difficult time. We will also be talking about the importance of looking after your own and your children's mental health and last but not least giving you some fun ideas for passing the time at home.

**What is School Home Support?** School Home Support is a charity that exists to support children and parents to get the most out of education. Practitioners are based in schools and work with families who might be struggling for all sorts of different reasons; sometimes these might be quick fixes but sometimes we work families for a longer period of time. Families work with us voluntarily and the interventions are designed to work around what they need to help them reach their goals. You can read more about the charity on the website: [www.schoolhomesupport.org.uk](http://www.schoolhomesupport.org.uk)

## Who is the SHS practitioner in my school?



Hello! I'm Eleanor. I am based at Rushbrook Primary Academy and Stanley Grove Primary Academy.  
Email: [eleonor.sandler-clarke@shs.org.uk](mailto:eleonor.sandler-clarke@shs.org.uk)  
Mobile: 07811993957



Hello! I'm Zoe. I am based at Cedar Mount High School.  
Email: [zoe.cropper@shs.org.uk](mailto:zoe.cropper@shs.org.uk)  
Mobile: 07773062911

We are both working from home at the moment, but will still be doing everything we can to support families that might need a bit of help.

**If you are self-isolating:** We can help get essential items (food and prescriptions) to you.

**If you have lost your job or are experiencing money difficulties:** We can help you get essential items if you can't afford them and might be able to help you to access money you're entitled to.

**Please ring us if you have any questions or worries generally - we will do our best to help you.**

**Looking after your mental health:** At the moment, it's more important than ever that we look after our mental health. You may feel **bored, frustrated** or **lonely**. You may also be **low, worried** or **anxious**, or concerned about your finances, your health or those close to you. It's okay to feel all of those things and to recognise that everyone will respond differently. In what follows, you'll find tips on how to deal with these emotions and to try and unwind.

## Useful links for mental health:

Mental health helplines for over the phone support:

[www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/](http://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/)

Advice on mental health while staying at home:

[www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/](http://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/)

Anna Freud Centre, Supporting Young People Mental Health through this period of disruption:

[www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/](http://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/)

**Can't find what you're looking for?** Give us a ring and we'll try to help. Remember it's always better to ask for help than suffer in silence.

## Mindfulness activity: Heartbeat

**Purpose of game:** To calm down and check in with ourselves and how we are feeling.

**Age:** All ages

**Duration:** 5+ minutes

### How to play:

1. Take three deep breaths.
2. Place your fingers or hands over the part of their body where you can best feel your pulse (inside of your neck, over your heart or your wrist).
3. Close your eyes and notice how quickly or slowly your heart is beating.
4. Think about your current state of emotion and consider if this might be connected to how quickly or slowly their heart is beating. You can share how you're feeling if you want to.
5. Jump up and down on the spot ten times.
6. Stand still and feel your heartbeat again, noticing any changes.
7. Close your eyes and focus on your heartbeat until it slows back down.



## Why not try creating a time capsule?

A time capsule is a good way to help your children record how they're feeling in a creative and fun way. You can download a great template here: <https://tinyurl.com/Covid19TimeCapsule-CA>

If you're unable to print at home you can email 4ct at [info.4ct@btconnect.com](mailto:info.4ct@btconnect.com), just attach the file that you want to print and include your full name and address, then they will post it out to you as long as you live within East Manchester (Miles Platting, Newton Heath, Clayton, Openshaw, Beswick and Gorton).

Company Three have also set up a week by week time capsule, this is based on social media and is more suitable for teenagers [www.companythree.co.uk/#coronavirus-time-capsule](http://www.companythree.co.uk/#coronavirus-time-capsule)

## Support from Facebook groups:

Did you know that there are Mutual Aid groups being set up across the country to support families through the lockdown? These groups can provide practical and emotional support for people living in your community, all need to request to join then you can ask for help or offer help to those in need.

- ★ **Gorton and Abbey Hey Mutual Aid Group:** [www.facebook.com/groups/804064293447916/](http://www.facebook.com/groups/804064293447916/)
- ★ **Levy Corona Helpers:** [www.facebook.com/groups/646193282806718/](http://www.facebook.com/groups/646193282806718/)
- ★ **ACORN coronavirus community support:** <https://acorntheunion.org.uk/corona/>

Here's a directory of all the mutual aid groups across the country!

<https://covidmutualaid.org/local-groups/>

**Parent Gym: Parenting Through Uncertainty:** This is a Facebook group for parents together to share stories, thoughts, tips and ideas on how to adjust managing to adjust to this challenging period in our lives <https://www.facebook.com/groups/148481499806766/>

## Challenges of the week: Send us your best joke or get snappy!



Think you can make us laugh? Send us a joke and we'll publish our favourites in the next newsletter!

Send your entries to:  
[zoe.cropper@shs.org.uk](mailto:zoe.cropper@shs.org.uk)



Get Snappy: Send us pictures of your time capsules or just something that makes you happy! We'll put as many as we can in our next newsletter.

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SHS would love to hear any feedback you have on our practitioners or service. Please contact us using [feedback@shs.org.uk](mailto:feedback@shs.org.uk) . Thank you!