

# Robert Browning, Snowsfields and Tower Bridge Primary Schools

We learn and succeed together



5th February 2021



@PrimaryRobert @SNSPrimary @tbprimary Find us at: [www.bridgesfederation.org.uk](http://www.bridgesfederation.org.uk)

## School CLOSURE

As of Tuesday 5th January our schools are closed to all children except for children of key workers and the most vulnerable.



Tina Hayden



Zohra Benotmane



Mary Nyamekye



Michelle Owens

The Bridges Federation would like to say a huge thank you to the following members of staff for completing 20 years of service at Snowsfields Primary School, Tower Bridge Primary School and Robert Browning Primary School: Tina Hayden (Finance and Human Resource Officer), Zohra Benotmane (Co-head of School at Snowsfields), Mary Nyamekye (Senior Cleaning Operative at Tower Bridge) and Michelle Owens (Senior Federation Business Manager).

We are all looking forward to their continued years of service at the Bridges Federation!

## Keeping in Touch

We hope you are all safe and well. However, If your circumstances have changed or you just need to speak to someone please call your individual school on their respective number.

## ChromeBook Donation



A huge thank you to Adam Anker from MyLondonHome Estate Agent for their generous donation of three ChromeBooks. This will go a long way in helping our families to access online learning.

If you would like to find out more about MyLondonHome Computers for Kids Campaign as well as contribute, please click on the following link:

<https://www.mylondonhome.com/about/blog/71-blog/1384-help-us-raise-money-for-computers-for-kids-learning-from->

## Online Learning

During term time, members of staff will continue to regularly call the children who are at home. Staff will speak to your children about their learning to find out what they are enjoying and if they have found anything too hard or easy. Sometimes the number will show "No Caller ID. Please answer the call. If you have more than one child, sometimes you may get multiple calls on the same day. Thank you to all our parents for supporting our schools during the current crisis.



**The following children received a certificate for their independent learning!**

### Reading Eggspress

**Gold** - Isabelle Y4, Braydon Y5, Zahon Y4

**Silver** - Kiara Y4, Nohami Y4, Parin Y5, Sidney Y5, Temitayo Y5

**Bronze** - Fahad Y4, Braydon, Y5, Joannie Y5, Rosie Y5, Kawther Y5, Zain Y5, Isabella Y3, Lilly-Rose Y3  
Al Amin Y4, Salma Y4, Fanta Y5

### Reading Eggs

**Gold** - Lymas Y1, Alayna YN, Val YR, Uthman YR

**Bronze** - Saroban YR, Siun Yr, Abby YR, Darcy Jade, Mamadou Y3, Nohami Y1, Meaghan Y1, Deetya Y2

### Mathletics

**Gold** - Fatima Y6, Lilly Rose Y3

**Silver** - Temidayo Y5, Joannie Y5, Zain Y5, Meaghan Y1

**Bronze** - Princess Y5, Solomon Y6, Raila Y3, Domenico Y5, Temitayo Y5, Emma YR, Yamin Y1, Kimora Y5, Romeo Y1, Joannie Y5, Rosie Y5, Meaghan Y1, Isabelle Y4, Lailaa Y5, Iltreh Y1, Anjenaya Y2, Isabella Y2, Zain Y5, Lilly-Rose Y3, Regina, Y2, Ryan Y4, Hope Y5, Laila Jay Y4, Fahad Y4, Val YR, Francis Y2, Theo Y2, Kawthar Y5, Mungiva Y6, Izzy Y6, Zahon Y4, Edward Y4  
Elea Y4, Lymas Y1



### Reading Eggspress

**Silver** - Bella Y6, Annalisa Y4

**Bronze** - Abubakai Y5, Rakin Y5, Elijah Y5, Ephraim Y5, Bella Y6, Sophia Y6, Nadir Y6, Isaac Y2, Annalisa Y4

### Reading Eggs

**Gold** - Sam YR, Nafissah Y1, Joel Y3, Rakin Y5

**Silver** - Sam YR, Naomi YR, Xingya Y5

**Bronze** - Daivansh Y1

1st - Asher YR, Sam YR, Yugan YR, Esmae Y1, Noraya YR, Shayne Y5, Janayah Y1

2nd - Anthony Y1, Rakin Y5

3rd - Joel Y3

### Mathletics

**Gold** - Amari Y5

**Silver** - Amarion Y2, Collins Y5, Nadir Y6, Malak Y6, Deacon Y6

**Bronze** - Asher YR, Daivansh Y1, Kara Y1, Maria Y1, Chiara Y1, Janayah Y1, Muhammed Y1, Poppy Y1, Theo Y1, Aden Y1, Anthony Y1, Isaac Y2, Amirah Y2, Milan Y2, Maliyah Y2, Shakirah Y2, Rudy Y2, Kaya Y2, Arthur Y2, Suraya Y3, Gibril Y3, La'rayah Y3, Joel Y3, Wassim Y3, Xingrui Y3, Reggie Y3, Kiyrah Y3, Nathaniel Y4, Annalisa Y4, Titus Y4, Simra Y4, Jason Y4, Iman Y4, Sabrine Y4, Elizabeth Y4, Courtney Y4, Neymar Y4, Ephraim Y5, Armani Y5, Zain Y5, Khaled Y5, Elijah Y5, Xingya Y5, Leah Y5, Saida Y5, Sumaya Y5, Mawata Y5, Kajus Y6, Moaad Y6, Sophia Y6



### Reading Eggspress

**Bronze** – Samy Y2, Le'Rico Y3, Amir Y5, Liam Y5, Shantall Y6, Paul Y6, Peter Y6

### Reading Eggs

**Gold** – Liam YN, Kaziah YN, Novel YR, Meriem YN, Maksim Y1, Samuel Y1, Muhammad Y3

**Silver** - Zarifah YR, Stephany Y1, Gabriel Y3

**Bronze** - Angela Y2

### Mathletics

**Silver** - Logan Y1, Samuel Y1, Samuel Y2, Michael Y3

**Bronze** - Anas Y1, Era Y1, Samara Y1, Caleb Y1, Awwal Y1, Yunus Y1, Kamari Y1, Kavari Y1, Samy Y2, Mariam Y2, Serene Y2, Thiago Y2, Kameron Y2, Jack Y2, Sana Y3, Ellie Y5, Mamadou Y5, Yusuf Y5, Kelly Y5, Olivia Y5, Natalie Y5, Isabelle Y5, Tavon Y6, Shantall Y6, Chloe Y6



Well done to all of our children who have shared on Twitter examples of some of the activities they have been completing at home and at school.

Below are the names of those children along with some Twitter posts.

## Robert Browning

Aoife YN	Meriem YN
Lachlan YN	Skyla YN
Rona YR	Novel YR
Joshfriyie YR	Franklin YR
Ehan YR	Sara YR
Zarifah YR	Idris YR
Sam Y1	Logan Y1
Melanie Y1	Samara F Y1
Maria Y1	Awwal Y1
Reyan Y1	Siham Y1
Kamari Y1	Kavari Y1
Hamad Y1	Ayse Y1
Yahya Y1	Era Y1
Anas Y1	Caleb Y1
Maksim Y1	Yunus Y1
Stephany Y1	Mahzala Y1
Ashley Y1	Ayse Y1
Fikky Y1	Aaron Y2
Abbey Y2	Angela Y2
Adar Y2	Ekram Y2
Faisal Y2	Felicia Y2
Hibatullah Y2	Jack Y2
Jaydenae Y2	Joshua Y2
Kaiden Y2	Kamarley Y2
Livinny Y2	Rosie Y2
Samuel Y2	Samy Y2
Sayid Y2	Thiago Y2
Lily Y3	Gabriel Y3
Rahi Y3	Le'Rico Y3
Simon Y3	Muhammed Y3
Mohammed Y3	Naa'im Y3
Michael Y3	Debbie Y3
Mason Y3	Meshach Y3
Teddy Y3	Raied Y3
Anam Y3	Austin Y3
George Y3	Jayden Y3
Amreen Y3	Ahmet Y3
Imaan Y3	Kara Y3
Sana Y3	Mavy Y4
Salmon Y4	Aaliyah Y4
Aamir Y4	Aia Y4
Chelsea Y4	Enoch Y4
Ermal Y4	Fatouma Y4
Fawaz Y4	Hassan Y4
Jasmin Y4	Joseph Y4
Kamilah Y4	Kelahnice Y4
Ledion Y4	Lola Y4
Long Y4	Maryam Y4
Monae Y4	Mounir Y4
Monira Y4	Rayan Y4
Renaya Y4	Roihanna Y4
Skype Y4	Tnok Y4
Izrael Y4	Yusuf Y5
Aella Y5	AJ Y5
Amelia Y5	Amila Y5
Amir Y5	Aneeqa Y5
Ellie-Rose Y5	Isabelle Y5
Jamal Y5	Jayden Y5
Jordean Y5	Kelly Y5
Kelsey Y5	Liam Y5
Mamadou Y5	Mohamed J Y5
Mohamed M Y5	Natalie Y5
Nathalia Y5	Olivia Y5
Ore Y5	Qi Zong Y5
Ryaan Y5	Sheerin Y5
Tei Y5	Tenny Y5
Tomiwa Y5	Paul Y6
Adnan Y6	Ashan Y6
Joel Y6	Julia Y6
Timi Y6	Sara Y6
Stefan Y6	Tavon Y6
Diego Y6	Shantall Y6
Peter Y6	Tiago Y6
Al Y6	Kimberley Y6

## Snowsfields

Axel YN	Alia YN
Salma YN	Eliana YN
Ibrahim YN	Sama YN
Alayna-Noorjahan YN	Grace YN
Abby YR	Alexander YR
Alma YR	Assia YR
Emma YR	Jody YR
Noor YR	Oliver T YR
Raf YR	Saroban YR
T'Lyla YR	Tobi YR
Uthman YR	Yousuf YR
Zavaria Y1	Riley Y1
Reece Y1	Raven Y1
Emily Y1	Meaghan Y1
Oscar Y1	Iltrah Y1
Kyle Y1	Maya Y1
Eliana Y1	Tomisin Y1
Azzan Y1	Joab Y1
Yamin Y1	Lymas Y1
Adeola Y2	Emmanuel Y2
Iris Y2	Kareem Y2
Ayaan Y2	Melat Y2
Nia Y2	Kamil Y2
Nahla Y2	Anjaneya Y2
Deetya Y2	Kwabena Y2
Regina Y2	Theo Y2
Preston Y2	Francis Y2
Iman Y2	Harun Y2
Rayaana Y2	Josh Y2
Qail Y2	Fillip Y2
Safa Y2	Lexie Y2
Nour Y3	Jayden Y3
Sumaiya Y3	Raila Y3
Oumeira Y3	Gabriella Y3
Yaseen Y3	Lilly Rose Y3
Romeo Y3	Mamadou Y3
Bethany Y3	Jacob Y3
Mosunmola Y3	Leena Y3
Joshua Y3	Isabella Y3
Benjamin Y3	Enzo Y3
Imran Y3	Keegan Y3
Jason Y3	Raphael Y3
Jaheim Y3	Iman Y4
Amani Y4	Al Amin Y4
Lilian Y4	Zahon Y4
Edward Y4	Salem Y4
Izzy Y4	Perry Y4
Ava Y4	Yousuf Y4
Anita Y4	Elea Y4
Baraka Y4	Chrisamel Y4
Fahad Y4	Karmye Y4
Shem Y4	Ryan Y4
Salma Y4	Laila Jay Y4
Nalowi Y4	Katy Y4
Princess Y5	Trinette Y5
Domenico Y5	Adnan Y5
Kimora Y5	Hope Y5
Philippa Y5	Fanta Y5
Joannie Y5	Rosie Y5
Lailaa Y5	Yaseen Y5
Ilham Y5	Kawthar Y5
Angelina Y5	Zoe Y5
Zain Y5	Dominika Y5
Reem Y5	Jacob Y5
Sidney Y5	Braydon Y5
Param Y5	Parin Y5
Sana Y5	Temitayo Y5
Temidayo Y5	
Abigail Y6	Adam Y6
Aleeza Y6	Ayman Y6
Bailey Y6	Casey Y6
Christianna Y6	Farhan Y6
Hadil Y6	Izzy Y6
KJ Y6	Khadija Y6
Khaled Y6	Kianna Y6
Melad Y6	Milo Y6
Mungiva Y6	Natalia Y6
Ola Y6	Pixie Y6
Samira Y6	Solomon Y6
Sulayman Y6	Tommy Y6

## Tower Bridge

Skylar YN	Ksenija YN
Zachary YN	Ollie YN
Lola YN	Kayden YN
Naasir YR	Daisy YR
Hamid YR	
Maria Y1	Marya Y1
Janayah Y1	William Y1
Nafissah Y1	Elsa Y1
Tomiwa Y1	Esmae Y1
Ratwan Y1	Charlie Y1
Olive Y1	Kara Y1
Muhammed Y1	Ella Y1
Daivansh Y1	Anthony Y1
Aden Y1	Daniel Y1
Jaaziel Y1	Niah Y1
Frankie Y1	Khalil Y1
Leah Y1	Yassine Y1
Damon Y1	A'Kaycia Y2
Isaac Y2	Sara Y2
Ibrahim Y2	Amirah Y2
Milan Y2	Mia Y2
Amarion Y2	Maliyah Y2
Aneesha Y2	Lexi Y2
Shakirah Y2	Rudy Y2
Kaya Y2	Musawir Y2
Moussa Y2	Aliyah Y2
Chinonso Y2	Oscar Y2
Reggie Y2	Youcef Y2
Arthur Y2	Khaira Y2
Charlie Y2	Amani Y3
Joel Y3	Majed Y3
Rabia Y3	Kiyrah Y3
La'rayah Y3	Suraya Y3
Hazel Y3	Youcef Y3
Erik Y3	Gibril Y3
Nicole Y3	Salwa Y3
Wassim Y3	Ameerat Y3
Xingrui Y3	Reginald Y3
Shebaniah Y3	Taja'lee Y3
Vaughan Y3	Saira Y3
Mohammed Y3	Zakir Y4
Nathaniel Y4	Ishmael Y4
Billy-Ray Y4	Lola Y4
Annalisa Y4	Amina Y4
Titus Y4	Milly Jade Y4
Belle Y4	Sian Y4
Simra Y4	Salma Y4
Jason Y4	Iman Y4
Amy Y4	Ava Y4
Ella Y4	Al-Hassane Y4
Sabrina Y4	Elizabeth Y4
Noah Y4	Courtney Y4
Scarlett Y4	Mohammed Y4
Kai Y4	Neymar Y4
Amerah Y4	Rakin Y5
Hassanatou Y5	Jayden Y5
Armani Y5	Enzo Y5
Amari Y5	India Y5
Zain Y5	Khaled Y5
Emily Y5	Xingya Y5
Leah Y5	Saida Y5
Sumaya Y5	Maisie Y5
Abubakai Y5	Mawata Y5
Ephraim Y5	Elijah Y5
Shayne Y5	Collins Y5
Demi Y5	Jayden Y5
Tino Y6	Rachel Y6
Elijah Y6	Fejiro Y6
Kajus Y6	Ruby Y6
Moaad Y6	Amna Y6
Nadir Y6	Ruya Y6
Myrell Y6	Sophia Y6
Tilly Y6	Sirius Y6
Lordina Y6	Malak Y6
Deacon Y6	Olivia R Y6
Olivia S Y6	Bella Y6



# Tweets



**Red Class** @SNSRed1 · 25m  
Brilliant baking! 🍪🍪

I can see that you were probably making some cupcakes like we did at school 🍰

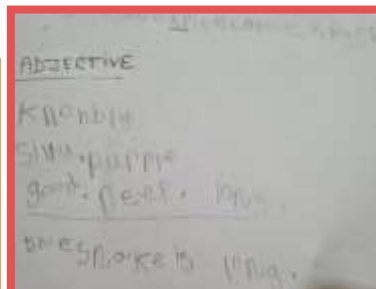
I am so impressed with your skills and I'm sure they turned out to be delicious 🍪



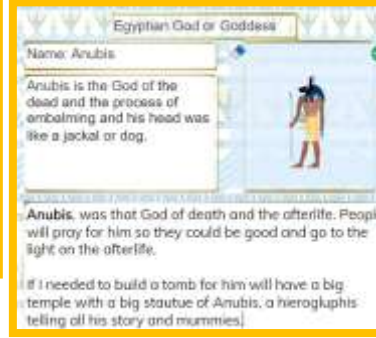
**sammyjoe curtis** @sammyjoehope · 18m  
Little mathematics after her morning work 🧮 @SNSBlue5 @SNSPrimary



**Charlie Sullivan** @Ms\_Charlie\_Girl · 29 Jan  
@TBOrangeClassY2 Rudy's sharing into equal groups for today's Maths lesson

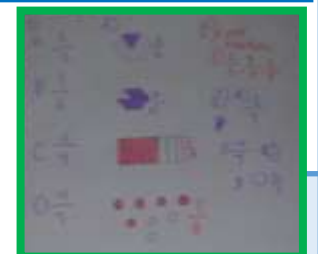
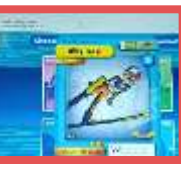


**TBBBlueClass** @TBBBlueClassY5 · 22h  
PE LIVE with @LPESSN @tbprimary Let's do it 🏃‍♂️🏃‍♀️

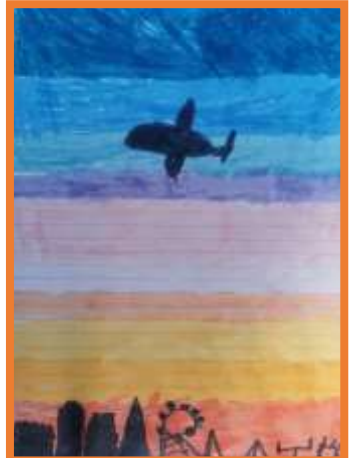
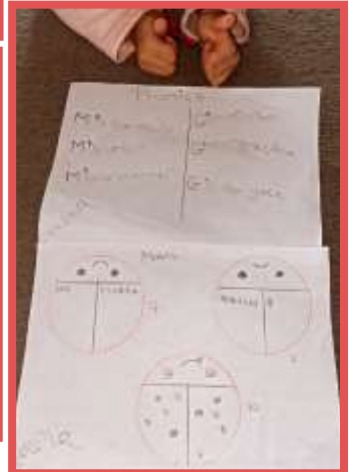


Now we are going to write a poem about **Change**.  
I'll write the first stanza and you will write the second.  
**HINT:** When writing think about how the plant changes in the story? As well as, in what ways the creature nurtures it.

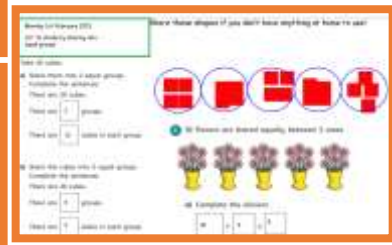
First Stanza	Second Stanza
Change comes to us whether we like it or not, Change is a mysterious visitor that brings wonderful gifts. Change comes as we grow, It is the ticking of the hand on a clock.	Change is a good thing, Change might be different but that is what makes it special. Change is like a mysterious mystery. Change is fun and cool.







**b) Share the counters between 5 friends. Each friend gets 6 each.**  
 $30 \div 5 = 6$



**WELL DONE!**



On my computer	Under my notebook	A dragon is hanging on my flowers
Dragons like to hurt or ruin people's work so they jump on my computer. You might see them on your own computer! A sign would be typing going wrong. aaaaadftyhiu.gttfgrhtujj hhjfgbbrufc g bfy4trguvcc4rr67gu tvx'zdfyjnj.k hy	Dragons like to be under my notebook because first they dip their paws in ink and they fly upside down making my notebook all dirty.	Dragons like to hang upside down in flowers because they are so colourful and difficult to see in flowers.

**Wednesday: Prediction**

What do you think will happen to the plant's growth in the different conditions - water & sunlight, water & no sunlight, no water & sunlight, no water & no sunlight? Can you make a prediction?

Water and sunlight	Water and no sunlight	No water and sunlight	No water and no sunlight
I think it will grow because it has water and the sun.	I think it will not grow because it needs a lot of the sun.	I think that it will not grow because it has no water.	I think that it will not grow because it needs water.

Who got a picture of a plant growing in the different conditions? Let me see yours!

Keep checking the plant slides to find out how the plants are doing. We will then write our observations of what we see.

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Water and sunlight	Water and no sunlight	No water and sunlight	No water and no sunlight

Why don't you have a go at planting a seed in the different conditions to test your predictions?

Keep checking the plant slides to find out how the plants are doing. We will then write our observations of what we see.

**Dragon Information!**

The dragon has two large, curious eyes.  
The dragon has two pointy, sharp horns.  
The dragon has one smooth, noisy neck.  
The dragon has four evil, warm legs.  
The dragon has two sharp, point wings.  
The dragon has a long tail.

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**TR Orange Class Year 2**

Lots of great work for today's Maths challenge too! I love your use of diagrams to show your thinking. @SNSPrimary

What do you think the author means by the small fox is a noisy fox?

The small fox is a noisy fox.

Why do you think the small fox is noisy when she is in the forest?

He really wanted to travel and see the world but he couldn't do it himself.

How do you think the small fox felt when he was in the forest?

The small fox was excited but he was a little bit sad because his family was in the forest.

How do you think the other foxes felt when the small fox and the white lamb were in the forest?

They were very happy to see their family.

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Angela

**Red Class**

Amazing partitioning

Well done for splitting the number into tens and ones - very good!

Can you put your ice cream together now?

**Red Class**

Amazing partitioning

Well done for splitting the number into tens and ones - very good!

Can you put your ice cream together now?

**Orange Class**

I think it's time for another Google Meet!

So, this Friday at 1:30 we will go live to have a catchup and check in with you all to see how you're getting on and celebrate our achievements!

I will send out the Google Meet link on Friday so you know what to click on!

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### Twitter

We love seeing all your Tweets. The teachers have been giving lots of Shout Outs. You can see these on this newsletter too.

### Devices for Home Learning

We have already loaned out a number of devices to help families access the learning at home.

### Food Vouchers

We have provided families with food vouchers and food parcels.

### Phone Calls

We have been making regular phone calls to all our families to support them with the home learning and to check they are all ok. Remember to answer your phone if you get a call with No Caller ID as it will probably be us.

### Google Classroom

Teachers have been setting work every day on Google Classroom.

Your child will be receiving regular feedback on their learning.

**Thank you for all the home learning you are doing. Keep it up.**

Dear Parents

We have now completed our fifth week of lockdown and home learning and I know we are all feeling the strain.

Many of you are having to juggle working from home alongside supporting your children to complete all the work that has been set. Dealing with technology issues and new ways of working has been a challenge to us all.

I just want to say well done to you all. We think you are all doing a fantastic job.

We know that times are really tough at the moment, but what is most important is to stay safe and care for each other. Looking after everyone's mental health is vital. We are only a phone call away if you need to talk.

It has been lovely to hear how much you have all appreciated the phone calls from staff each week and how much the children are loving the live story times and Google Meet sessions. Just to see all the children's faces brightens up our day.

Thanks to the teachers and other staff in school, your children have access to a great provision, whether they are in school or at home. We are happy that you continue to do what you can and don't put any unnecessary pressure on yourselves or your children. Give them time to read, watch TV, go for a walk or do the other things they love to do. Just do the best you can.

We will get through this and look forward to when we can all return to school.

If you are a Key Worker, THANK YOU from all of us for the work you are doing.





# 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1

## Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2

## Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.



3

## Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



4

## Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.





# 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

5

## Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

## Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

## Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.



8

## Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.





# 10 Things to Say instead of Stop Crying



1. It's ok to be sad

2. This is really hard for you

3. I'm here with you

4. Tell me about it

5. I hear you

6. That was really scary, sad, etc.

7. I will help you work it out

8. I'm listening

9. I hear that you need space.

I want to be here for you.  
I'll stay close so you can find me when you're ready.

10. It doesn't feel fair



# THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate





# 7 Top Tips for Supporting Children to EXPRESS THEMSELVES SAFELY ONLINE

The past year has left many children feeling uncertain and worried. So Children's Mental Health Week 2021 has adopted the theme of 'express yourself'. It's not necessarily about being the best – but instead encouraging young people to relish the joy of being 'in the moment' and loving what they do. So whether they're into music, art, photography, film, drama or dance, here are our top tips for helping your child to express themselves safely online.

## 1 Celebrate their Identity

Celebrating who children are and reminding them of their uniqueness has a huge impact on their confidence and self-esteem. This week, remind them of what you love about them. You could revisit some photos and videos on your phone or computer of special times you've shared. Chat about the importance of finding time to do what they love; underline that it's an important part of who they are.

## 2 Promote Their Passions

It's different for all of us, but every child has something which ignites their passions and brings them joy. Perhaps they love music and you could introduce them to a music-making app? Or if they enjoy taking photos or making videos, use this week to set a photography or video competition at home, with some fun categories.

## 3 Support Their Interests

Some children seem to know instinctively what interests them and what they enjoy doing; others can be less decisive about hobbies. Spend some time this week sharing their interests and doing something connected to it together. You could make a short Lego film to post on your Instagram, a vlog about baking that you share with relatives, or just play with them on their favourite video game.

## 4 Help Them Help Others

Some children love to express themselves through activities which help others. Perhaps your local area's Facebook group has a community project that your family could get involved with – even as a one-off; it doesn't have to be a long-term commitment. Depending on your child's age, you could introduce them to online fundraising (such as sites like JustGiving, for example) and how it can make a difference to less fortunate people.

## 5 Enable Emotional Expression

Children sometimes need help in articulating how they're feeling and in beginning to understand how to manage their emotions. A safe, healthy way for your child to explore their feelings is to let them conduct an activity – like listening to a story, or creating some art – and discuss with them afterwards how it made them feel. There are lots of stories available on YouTube, while Audible is streaming children's audiobooks free of charge while schools are closed. YouTube also has a plethora of fun art tutorials (if you log in on adult's account, remember to adjust your settings first to block inappropriate content and stop potentially unsuitable material auto-playing).

## 6 Let Them Stay Connected

The online world is a fantastic space for staying in contact with those who we can't be with right now. Young people are often very comfortable using social media to express themselves and stay connected by sharing their ideas, thoughts and feelings with friends. But bear in mind that most social media platforms require a child to be at least 13 before they should access it (WhatsApp is 16). Remind your child that, while it's OK to express who we are on social media, they should still always think before posting – and that their self-worth is never measured by their number of likes, friends or followers.

## 7 Coach 'Safe Sharing'

As part of expressing themselves, your child may want to share something online that they've created – like a funny video, a sketch, a meme or a dance. If they're too young to have their own social media, you could use your own account to share it with selected people who you trust. Emphasise the importance of only sharing content with people that your child knows well, like family and friends. This type of conversation is also useful for introducing young people to the risks and challenges that can come when expressing ourselves to a wider online audience of strangers.

## Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



## About Children's Mental Health Week

Around three children in every primary school class has a mental health problem. Many more struggle with challenges from bullying to bereavement. Now in its seventh year, Children's Mental Health Week shines a spotlight on the importance of young people's mental health – and it's never seemed more relevant than it does in 2021.

Find out more at [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)



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