



**April 2021**

## **Fazakerley Family Engagement Worker Newsletter**



At New Heights, we are committed to supporting children, staff and parents in their wellbeing and mental health. We know that wellbeing and both physical and mental health are all vital to successful learning. Our aim is to provide help, tips and resources to support both adults and children. We recognise the importance of parents and carers feeling supported within our school community. We are highlighting this in April 2021 Newsletter to correspond with World Health day on 7<sup>th</sup> April 2021. We have included some helpful tips and resources to support parents/carers identify any potential areas of need.

We hope to see you at our next coffee morning on Friday 26<sup>th</sup> April '21—log in details below. We hope to have a guest speaker updating us on what is available and what we can access across the city.



We are continuing to work in collaboration with the national charity Fareshare.

Fareshare enables schools to access food stocks via their Fareshare charity.

They allocate quantities to schools who in turn will distribute food hampers to families that have requested this offer.

If you feel that this offer would benefit you in the coming weeks we encourage you to contact school.

Currently we have provided over 200 food hampers since the beginning of September 2021.



National  
Autistic  
Society



Liverpool  
City Council

The Liverpool ASD Training Team are providing a series of virtual drop in advisory sessions via zoom. They are for parent/carers wishing to talk in a private one to one setting about any questions or concerns they may have about their child. You do not require a diagnosis of ASD to book your place.

**Monday 19<sup>th</sup> April**

**Monday 26<sup>th</sup> April**

**Tuesday 27<sup>th</sup> April**

**Wednesday 28<sup>th</sup> April**

**Tuesday 4<sup>th</sup> May**

To book a place, please contact:  
[asdtrainingteam@liverpool.gov.uk](mailto:asdtrainingteam@liverpool.gov.uk)

The next Newsletter will be May 2021. if you have any comments or suggestions about what you would like to see in it, please contact:

**Alan or Christine—Family Engagement Team—0151 498 4055**

**Zoom Coffee Morning  
Details:**



**Meeting ID: 993 3106 2415**

**Passcode: np815w**

## Great Conversation Starters

Use some of these to have a conversation with your child about their mental health:

### Questions to ask your child in self-isolation **YOUNGMINDS**

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What things would you like to do in the future?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

What have you enjoyed about today?

### ACTION CALENDAR - FOR FAMILIES

30 actions to help parents look after themselves and their families in challenging times. Please use and share

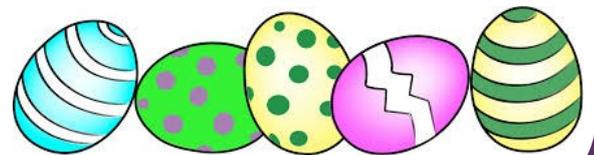
1 Go on a smile collecting mission, starting with a smile in the mirror	2 Choose one song each and arrange a family dance off	3 Send someone a message to show you really appreciate them	4 Take turns to notice 3 things around you that are beautiful	5 Be kind to yourself and others	6 Together, make a list of things you are grateful for	7 Think of a goal to work towards and do one thing to get started
8 Take a mindful walk together and notice what you see hear and smell	9 Play Musical Statues	10 Create a bedtime routine together to help with sleep	11 Bake cupcakes and decorate them as gifts for each other	12 Cross your arms and give yourself a hug	13 Take turns to share a happy memory	14 Find out about the values and traditions of another culture
15 Do something together to support a local charity	16 Create a collage of things that make you feel happy	17 Before bedtime, share what has gone well during the day	18 Introduce a family 'Daily Pause' to be calm together	19 Create a family wishes jar and take steps to make them happen	20 Learn a new skill together as a family	21 Create a kindness box to keep a record of kind actions
22 'Surprise' yourself. Find unexpected ways to move your body	23 Make a rainbow salad	24 Smile and say something positive every time you walk into a room	25 Create a poster highlighting everybody's strengths	26 Notice the shapes, colours and smells of a new family meal	27 Make a list of things that have helped you cope with difficult times	28 Tell someone you love how much they mean to you and why
29 Do something good for the environment	30 Hold an awards ceremony to celebrate acts of kindness	"A person's a person, no matter how small" - Dr Seuss				

**ACTION FOR HAPPINESS**

www.actionforhappiness.org  
Keep Calm • Stay Wise • Be Kind

### HOP TO THE SHOP!

If you find the time we would love to know which supermarket you found had the best Easter Eggs and Treats!



### Attendance



Attending school every day and on time gives our children the best opportunities to develop their potential to the full. Please ensure your child is in school and on time.

### Qwell

#### Parents needing extra care?

Don't forget about your own self-care. Discover our supportive online mental wellbeing space for adults.

- Chat online to qualified counsellors
- Read and write articles
- Get online support from the Qwell community
- Set personal goals and record how you feel

