



## Keeping your Mind Healthy during self-isolation—More Take Aways

We are so proud of how the Palace Wood community have pulled together, and want to share this information from one of our parents Mrs Pennycard.

*I am a trained transformational coach and have joined together with over 100 coaches whom all trained within the same coaching school to form Support Haven – Coaching to get through this together. As professionally trained coaches we are equipped to support people through changes and difficult situations. We are offering free coaching to anyone that needs support, we have all be impacted by this situation and we are all in this together. Coaching offers a supportive, non-judgement, confidential space where you will be listened to and we will help people to find a sense of calm and to see possibilities for a way through.*

This information is shared via the Facebook page [www.facebook.com/supporthavencoaching/](https://www.facebook.com/supporthavencoaching/) Following is one of the posts:

*It's OK to ask for help. We understand and want to support you. We know that there is a lot going on in the world, and it can feel overwhelming. In a time of unprecedented global uncertainty, there are many changes to how people live and work. Anxiety and stress are running high. That's why we want to let you know that you are allowed to ask for help and deserve support if you need it. For anyone out there who is feeling impacted by COVID-19, we are here to help.*

*And who are we? We are a group of over 100 professionally trained coaches, ready to help you.*

*How are we doing this? By each volunteering to offer 2 hours per week of pro bono coaching. In our free sessions together, we will be here to listen, as you process what has changed in your life. We will help you find a sense of calm and see possibilities for a way forward during these uncertain times.*

To benefit from this free service:

- \*Book a session with a coach from our coach database: <https://bit.ly/supporthavencoaches>
- \*Meet online in a safe, confidential space
- \*Feel more calm and better equipped to cope

**If you know anyone who might need some emotional support, please share Because we can only get through this together.**



**Kent Together** is a service for people who cannot get out to get their shopping, prescriptions and so on or if their family are unable to help due to needing to shield or self-isolate. It is manned 24 hours a day  
03000 419292

<https://www.kent.gov.uk/social-care-and-health/health/coronavirus/kent-together>.

Mrs Emmerson's daughter Sophie has made this video about managing our anxiety during lockdown, there are some really helpful pieces of advice that may benefit you or someone that you know.  
[https://www.youtube.com/watch?v=cR-7ye8n5CY&feature=share&fbclid=IwAR1Gr9BdJt-OjePqmLcbHI7s2-cb\\_PHHOoZNNJikTzBfa8xZdFLoruccQZA](https://www.youtube.com/watch?v=cR-7ye8n5CY&feature=share&fbclid=IwAR1Gr9BdJt-OjePqmLcbHI7s2-cb_PHHOoZNNJikTzBfa8xZdFLoruccQZA)



### #ChatleyChallenge

Mr Chatley continues to keep us entertained with his daily challenges and he really enjoys seeing the children (and grown ups!) having a go too. If you've got any more ideas to test him, let him know via Twitter @palace\_wood or email headteacher@palacewood.kent.sch.uk

*(Let's try to get him on the TV again!)*



## EXERCISE AND MENTAL HEALTH

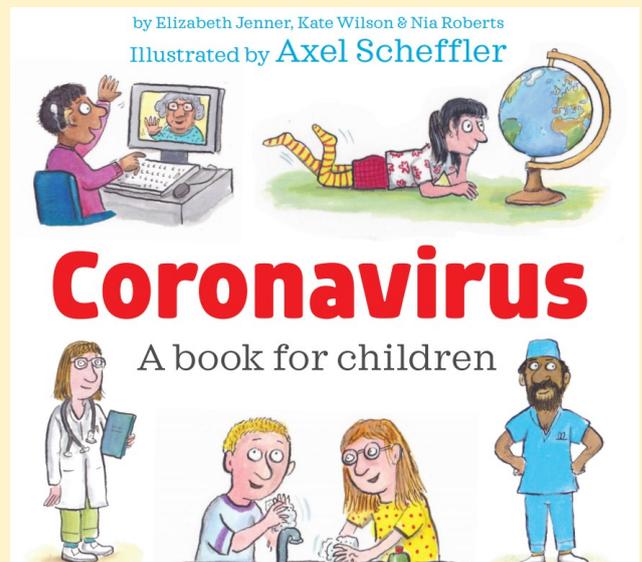
It's no secret that getting up and moving our bodies helps our mental health and wellbeing. Aerobic and anaerobic exercise floods our bodies with happy hormones which remain for around 5 hours. It would be a huge benefit to your mind and body to do bursts of exercise at various points of the day, so that you always have those lovely happy hormones. It'll also help you to concentrate as exercise increases blood flow to the brain.

For some fun fitness ideas from our PE coaches at Team Theme, check out their Twitter @Teamthemekent.

### **Helping to explain Coronavirus to children**

You've probably got a story book at home illustrated by Axel Scheffler (such as The Gruffalo) and now he has contributed to a fantastic book which explains COVID-19 in a child-friendly way.

I've attached this book to this Parent-Mail but have also added it to the Emotional Wellbeing page of the school website which can be found under Home Learning Support.



### **Help is still available...**

If you or your child are finding it very difficult to manage anxiety, depression, eating disorders or any other mental health issue, there is still support open and available during lockdown.

Please get in touch with one of our Designated Safeguarding Leads and we will be able to help you. There are lots of services that are there to offer support such as NELFT (was previously CAMHS) and Early Help and they're all finding new ways of working during lockdown.

Our DSLs—Mr Chatley, Mrs Root, Mrs Vincett, Miss Ridout.

*Don't suffer in silence, reach out for help.*



## Get Involved!



The South East Coast Ambulance Service are asking children aged 11 and under to design a positive poster that could feature on the side of ambulances across the region.

The Royal Mail have produced posters for us to print and colour in to pop on a window to say thanks to our posties!



### South East Coast Ambulance Service NHS Foundation Trust

Open to children, aged 11 and under and living in our region, we're looking for brightly-coloured designs which include a rainbow, the NHS logo and a supportive message - the bolder the better! Create your design on A4 paper, take a photo and email it to [NHSrainbow@secamb.nhs.uk](mailto:NHSrainbow@secamb.nhs.uk) by 5pm, Friday 24 April 2020. Please make sure you add the child's name, age and address. Good luck!



### Royal Mail

Yesterday at 12:23 · 🌐



Want something fun for the kids to do, whilst thanking their posties at the same time?

We've got some beautiful templates which you can print at home for them to colour in!

Once complete, upload using [#ThumbsUpForYourPostie](#) so we can see them 😊

Download them here: <https://www.royalmail.com/thumbsup>