



Nurture Newsletter



Week 1

Hello!

I am very excited to welcome you to my weekly Nurture Newsletter.

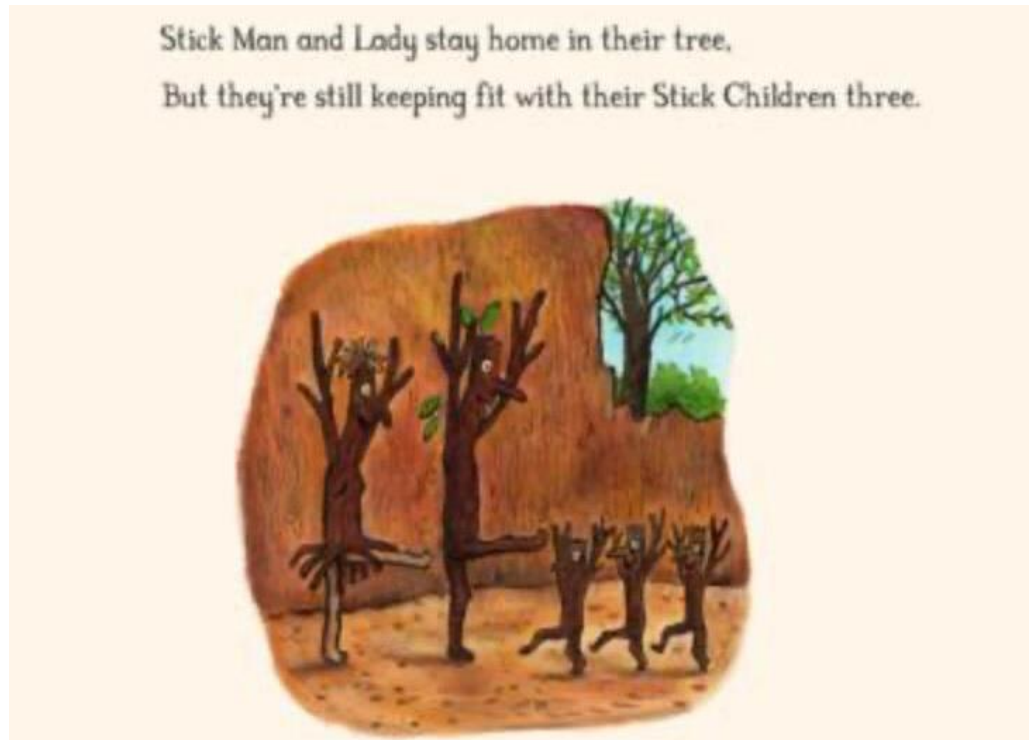
I hope you are well and happy and those of you who are not yet back in school have adjusted to lessons at home and are working hard.

At the moment I am working from home and Mr Neale, Alice and Molly are all here with me. We are making sure that we all stay well by exercising daily, eating healthily and making time for some fun.

I thought it might be useful to send you some tips on staying healthy, some information and fun ideas to try at home.

Take care.

Love Mrs Neale



Grownups.

We have a nurture email address which is nurture@crossdale.notts.sch.uk and this can be used if you wish to contact me about anything related to this newsletter or your child's wellbeing.

You may also find the links below useful:

<https://www.headspace.com/meditation/kids>

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>

Tip 1. Get plenty of sleep...

Sleep is very important for everyone, especially children. Did you know that children between the ages of six and thirteen need 9-11 hours of sleep a night? To help you sleep well you should have a good bedtime routine.

- Try not to go on your computer, phone or watch TV an hour before you go to bed.
- Have a bath to help you relax.
- Have a healthy snack and milky drink before bed (milk has sleep rich ingredients)
- Read a book or listen to a story.
- If you have any worries in your head, write them down before you settle down.
- Listen to mediation music as you drift off to sleep.



Sometimes if you are feeling anxious it is more difficult to get to sleep, this is normal. Try following the ideas above and don't forget sharing your worries with someone you trust always helps.

Fun fact

Chimpanzee - Chimps sleep about 12 hours a day. So the chimp sleeps for an additional hour to a child.

Tip 2. Try getting outside everyday and exercise regularly.



Gardens always need weeding, work alongside your adult and learn which ones to pull up. Ask a grown up if you have any old packets of seed in your garage, shed or greenhouse. Plant seeds in a pot with soil or compost before transferring the seedlings into the garden. Don't forget you will need to water your seeds regularly and they will need plenty of sunlight.

Challenge:

Beetroots, carrots parsnips and potatoes all can be planted in June. See if you can find a small area of garden to grow your own vegetables.

Have a go at this 14 day photo challenge.

ELSA Support's 14-day photo challenge

 1 A smile	2 Morning sky	3 Favourite book	4 Living creature on your walk or in your garden/yard	 5 Something that grows
6 Family member	7 Something that makes you proud	8 Favourite food	9 Some artwork you have done	10 The weather
11 Through a window	12 Something old	13 Something that makes you feel happy	14 Something calming	 www.elsa-support.co.uk

Thinking about you
SENDING
A virtual hug

LOADING 



SENT!

www.elsa-support.co.uk