

## STEPS TO FAMILY WELLBEING DURING COVID-19

Dear parents and carers,

Being able to support our own and our children's mental wellbeing during Covid-19 pandemic measures is proving to be one of the most important parenting skills nowadays. This skill can especially be empowering and helpful in guiding and nurturing children to grow into people we want them to become despite various setbacks, stresses, and disappointments. Research shows that once Covid-19 pandemic is over, a larger mental health pandemic might follow, alongside with some health issues related to sleep disturbances and diet as results of Covid-19 pandemic measures.

As a school and community, we are committed to deepening our knowledge and finding better ways to support family's and children's well-being. Therefore, we have teamed-up with Marijana Filipović-Carter, our school's Family Engagement Officer from Move More and a founder of the F-C Approach for schools and parents. Move More is a charity whose mission is to improve children's activity levels, knowledge of healthy eating and overall well-being. They have recently secured funding from Gloucestershire Community Foundation – Coronavirus Response and Tesco Bags of Help COVID-19 Communities Fund to organise a series of online anonymous sessions (webinars) offering support to families in Cheltenham and Tewksbury geographical area.

Marijana will be hosting and presenting this series of online anonymous sessions under the umbrella name "Steps to family wellbeing during Covid-19". The sessions are a perfect way of supporting your family's overall wellbeing needs – they offer support without the need for appointments or fees and are delivered in real time to the comfort of your home. Finally, these online sessions may also provide you with an opportunity to hear from other parents facing challenges like yours and feel part of a community while maintaining your privacy.

There will be 4 online sessions in total – they will all aim to address different aspects of family life during Covid-19. Here are the dates to save in your diaries:

Online session 1: 24.06.2020 1 pm  
Online session 2: 1.07.2020 11am  
Online session 3: 8.07.2020 1pm  
Online session 4: 15.07.2020 11am

More information about the first online session and how you can register to secure your place can be found below. Information about other online sessions will follow nearer the time.

We are looking forward to hearing from you if you have any questions. You can either contact the school or Marijana directly on [marijana@move-more.org](mailto:marijana@move-more.org).

## Online session 1

### 5 steps to wellbeing while dealing with change during Covid-19

"I honestly don't know what to think or feel anymore. It feels like my emotions are going from one extreme to another and all within minutes. I worry whether my children will go back to school, whether schools are safe for them, how they'll adjust to going back... And now I hear that they might not even go back?! How to explain and deal with that? They haven't seen their friends in such a long time and already feel isolated... Not sure who is worse at the moment, trying to keep up with all the changes – me or my children! Emotions are flying so high in our house! I worry what impact this will have on our mental health..."

If the above describes you and your family, our first online session is the right place for you. During this session we will look at how you can help your family to maintain physical and mental wellbeing during Covid-19 lockdown and social distancing measures. Specifically, we will focus on:

- ✓ How daily practice of the 5 Steps to wellbeing can help your family's wellbeing
- ✓ How these Steps can be used to help children (and adults) manage transitions and deal with unpredictable changes that Covid-19 brings
- ✓ How to adapt these Steps to suit your family's needs.

**When:** 24.06.2020 at 1pm.

**Duration:** Approximately 60 minutes

**How do you sign up for the online session?** To register for this online session, please follow this link <https://www.move-more.org/events/covid19-online-session-wellbeing/> It will take you to our website where you will be asked to answer a few simple questions.

**I've signed up: what happens next?** Once you complete our short registration form, you will be registered for the online session. The day before the session, Marijana will send you a link that gives you access to the online session. Please make sure you check your junk/spam folders. If you don't hear from us by the 23<sup>rd</sup> of June, please don't hesitate to contact Marijana on [marijana@move-more.org](mailto:marijana@move-more.org)

**We are looking forward to seeing you on the 24<sup>th</sup> of June!**