



# The Matthew Arnold School

Part of the Bourne Education Trust



Tuesday 24<sup>th</sup> March

Dear Parents and Carers

## Weekly wellbeing 1

I hope you are all safe and well. I wanted to contact you to offer some ideas and tips throughout the week on how to look after not only your children's mental health and wellbeing, but also your own through this tough time. Our aim is to send something out to all parents, carers, staff and students a few times each week, which will help with mental health and ways to cope through the extreme change from our normal daily routines. Please also see the school website's [Wellbeing and Safeguarding](#) page.



### This week's wellbeing tip is:

**Create a visual timetable at the start of each week with jobs, roles and responsibilities of each member of the household. It is just as important to do this for yourselves, as well as your children.**

Attached is a template timetable for you to use if you wish. If you wanted to use this, when creating it for the children, sit down with them and include what lessons you would like them to focus on, but also add some time in for family time, TV, computer games and also alone time. Try to make this realistic; we know that children are not going to be getting up at 7am to start their day!

I hope you find this helpful and please do not feel that you have to use this; as I have said above it is just a tip for anyone that would like to use it.

Best wishes

Mr R Lawrence

Assistant Head teacher and Designated Safeguarding Lead

