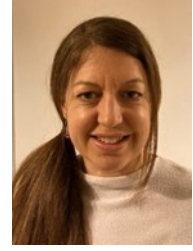




# Well-Being

Welcome to our November Frimley Well-Being Newsletter. This month we are focusing on Internet Safety, which will include ways to protect your child / children's mental health whilst online and recommended apps to support Well-Being. Thank you to the Parent Forum for the great suggestion to focus on one specific topic per newsletter. If you have any areas you would like us to focus on, please email using our new email address: [letstalk@frimley.surrey.sch.uk](mailto:letstalk@frimley.surrey.sch.uk)



Anna Stroud (Mental Health Lead) & Vicki Conway (Family Link Worker)

## SURREY HEATH MENTAL HEALTH SUPPORT TEAM (MHST)

We are pleased to share that our school is working with the Surrey Heath Mental Health Support Team, provided by Surrey and Borders NHS Partnership. The Mental Health Support Team (MHST) will provide interventions for children and young people, with mild mental health and emotional wellbeing difficulties. They will also work closely with our staff and support us in improving our whole schools' approach to mental health. All their work hopes to reduce stigma and improve awareness of mental health so that children and young people can access the right support when they need it.

Over the next few months, we will share further information on who the team are, and the support they will offer. We will also be sharing surveys, to give you the opportunity to have your say in how the service is developed and delivered in our school, as well as resources to support your child/ children's mental health. If you would like further information, or

you think this service would benefit your child / children, please contact your class teacher or email:

[letstalk@frimley.surrey.sch.uk](mailto:letstalk@frimley.surrey.sch.uk)



## Save the Date

On **Monday 5<sup>th</sup> December**, the children will be taking part in an online safety workshop delivered by the Breck Foundation. Told through Breck Bednar's story, the workshop aims to educate children about the dangers that they could face online, equip them with the skills needed to spot the signs of online grooming and reiterate the importance of reporting their concerns to a trusted adult. At Frimley, we believe that online safety is the responsibility of the whole school community so we will be offering an online workshop for our parents and carers at **6pm on the evening of Tuesday 6th December via Zoom**. The session makes reference to the children's workshop so that you can talk to them afterwards and help consolidate their learning. A link to sign up to this this online event will be sent out during the week commencing 28<sup>th</sup> November.

# Supporting healthy gaming habits for children

## Learn the facts and set parental controls:

**Parentinfo.org** provides advice about parental control, what they help with and how to use them. There are no UK guidelines on screen time however, video game addiction has been made an official disease after the World Health Organisation (WHO) voted to recognise the condition. [Addictive behaviours: Gaming disorder \(who.int\)](#)

In the USA, the recommendation is zero screen time if your child is under 18-months, and up to one hour a day for under-fives. This is to make sure that young children can develop normally - socially, emotionally and physically. Consider appropriate time-limits according to the age of your child. More than a few hours a day is probably not good for anyone.

## Check the content and age-rating:

All games that are rated 16 and 18 are unsuitable for children. Some games are too violent for them and may show sex and brutality, which is harmful to their emotional development. Many children are playing games over their age limit and lots of 7-10 years old describe themselves as 'addicted' to games they are not considered old enough to play. [Video games age ratings explained - Internet Matters](#)

Decide what forms of combat you are happy for them to experience.

Games that are cartoonish are safer than games that show 'realistic' military combat. Being exposed to dramatised violence on screen can distance children from reality and even result in trauma.

## Play together:

Make an effort to take an interest in the games your child wants to play so that you understand what these games are and why your child wants to play them. Sit with your child and enjoy gaming together. When you show an interest in the things they enjoy, they are more likely to feel understood and valued, and be willing to follow your rules. Be a good role model of how to enjoy gaming and give yourself limits. This will teach them that it's important to think about what games to play and for how long.

## Watch out for risks:

- Bullying can happen online too. Show your child the blocking and reporting functions in a game so they can prevent bullies from contacting them.
- Teach your child how to speak to friends in multiplayer games and to avoid contact with strangers who may take advantage of them.
- Have the game console in a busy part of your home. This can prevent young children getting too absorbed in the digital world or into conversations with unsuitable strangers.
- Some games cost money to download or ask players to buy credits or items so they can keep playing. Many free games need payment to continue to play once the game has started. Make sure controls are in place and set spending limits you are comfortable with. Ensure your child can't buy anything without your consent.

## Agree boundaries

Before setting rules, have a conversation with your child about the games they play. Then you can begin to understand why they enjoy the games. Think together about how gaming fits in with the rest of their life.

# 9 small ways to change screen time habits

## **1. Try making a rule to leave devices plugged in when not in use**

One idea is to make a family rule that when devices aren't being used at home, they have to be plugged in (or put in a set location.) This means that phones and tablets aren't allowed to be carried around on your person at home. If it can't go with you, there's less temptation to check messages and open up apps.

## **2. Grayscale the home screen**

Using grayscale on your home screen may help curb screen addiction. By stripping away all the neuron-stimulating colours on your child's phone or tablet, they'll be less motivated to constantly check it for notifications or open up apps.

## **3. Do a family detox for 15 minutes**

Have everyone in the family choose a set time during the day that works best and schedule a "screen-free" time. You can start with 15 minutes per day (or more or less, whatever works for you) and log it. Write it down each day and maybe even see how much time you can build up to.

## **4. Turn screens off at least one hour before bed**

Put your devices to bed at a set time and place before you go to bed each day. Out of sight, out of mind.

## **5. Or don't allow screen time before the afternoon**

An alternative option is to have mornings be a screen-free time instead of evenings. Choose what works best for your family's schedule.

## **6. Make screens off-limits during mealtimes**

Mealtimes, even on busy nights, can easily be a time for no devices—no matter what. When screens are at the table, they can get in the way of connection between family members. Besides, email and notifications can wait.

## **7. Create phone-free zones in the home**

Whether it's bedrooms or the kitchen or another place, you can decide as a family where you'd rather not have screens invade your space, and then stick with it. No exceptions. The simplest idea to remember is that when they're nowhere nearby, they're not tempting.

## **8. Set a timer**

When you set a timer and clearly lay out the rules that this is their set amount of time for the day, kids may be more receptive to the "screens away" request. And when the kids do it, the parents should do it too!

## **9. Make a plan for before screens**

Before anyone goes on a screen during the day, make a plan for what should happen first. Maybe something active, something creative and something kind. Pick something you like to do already, and delaying screens won't seem like a challenge.

## APPs to Support Well-being and Mindfulness



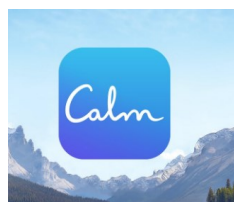
**Headspace** app has bespoke exercises tailored for 3-5s, 6-8s and 9-12s. These include the following:

- Calm – This is a simple breathing exercise to help children feel calm and relaxed.
- Kindness – A visualising exercise to teach children about openness and generosity.
- Appreciation – Helps children learn how to appreciate

other people and the world around them.

- Paying Attention – Using the power of the imagination to help children focus.
- Cool Off – This helps 'rebalance' children if they are feeling angry or frustrated.
- Sleep Tight – This activity helps children get ready for bed and fall asleep.
- Stay Positive – Aimed at children 6 and above to help them manage feelings that may leave them feeling confused, scared or sad.
- Goodnight – This activity will help children switch off after a busy day.
- Good Morning – This helps children start the day right with stretches, breathing to wake up the brain.
- Rest & Relax – This is aimed at bringing children down from high energy moments to help them develop calm and balance.
- Settling Down – Activity to help young ones 'uncoil and reset'

**Calm Kids App:** Explore a magical library of sleep stories. Every Sunday night a new story will be downloaded to help your child relax and drift off into a mindful sleep. [Introducing Calm Kids — Calm Blog](#)



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**Zones of Regulation App:** Children identify the coloured 'zone'



that they are in which corresponds to different groups of emotions. For example, anger is in the red and sadness in the blue. This app links with Zones of Regulation boards which are in every classroom. The app then guides children through these emotions and how to deal with them. The intention is to take children through the negative emotions into the calm and content ones.

**Ollee App:** Created by Parent Zone, the Ollee app aims to help children process their experiences with support from parents and carers. Children are first asked about what they'd like to talk about before diving into how they are feeling and what is causing that emotion. They are then given advice or ideas to help them work through their emotion.

For further information please visit:

[Headspace: Guided Meditation Review - EducationalAppStore](#)  
[Wellbeing apps for kids | Internet Matters](#)



## **First steps to understanding my child (ADHD, Autism and Neurodivergent)**



This FREE Online three-week parenting course will be delivered in three 2 x hour sessions and will explain the terms and key features associated with a neurodivergent profile, we will consider how this might impact your child's behaviour and discuss how to approach health professionals and schools to ask for support.

**Have you wondered if your child might be autistic or showing signs of ADHD?**

**Does your child suffer with Social Anxiety?**

**Does your child struggle at School?**

**Has your child developed distressed behaviors?**

**When?**  
**Thursday 24/11/22 to 08/12/22**  
**Time: 7pm – 9pm**  
**Zoom Online**  
Click on [link](#) or QR code for more details





## Helpful Advice

 **Surrey County Council**  
20 Sep · 🌐

Cost of Living financial support is available to all Surrey residents

Read to find out more <https://orlo.uk/BZ9c2>


You can also call the Community Helpline on 0300 200 1008 which is open Monday to Friday from 9am until 5pm

[#SurreyMatters](#) [#CostofLiving](#)



**SURREY**  
**matters**



 **Surrey County Council**  
4 h · 🌐


Help to reduce energy bills this Winter.

Grants of up to £25,000 are now available for eligible Surrey residents to help make their homes warmer and more energy efficient.

People living in hard to heat homes and on lower incomes could receive grants between £10,000 and £25,000 to improve insulation and install renewable technology such as solar electricity panels, which help reduce energy costs.


Check if you are eligible by visiting the Action Surrey website - <https://orlo.uk/yly9q>, or by calling an Advisor on 0800 783 2503.


[#SurreysGreenerFuture](#)



**COST OF LIVING**

**NO ONE LEFT BEHIND**





**SAL**  
**FAMILY LEARNING**

**You can still enrol on courses starting in October and November.** We have plenty of courses to help support you and your family. Please see the available courses and workshops below.

[Helping your child manage anxiety](#)

[Exploring behaviour strategies](#)

[Developing children's self-esteem](#)

[Building children's resilience](#)

[Cooking and baking](#)

[English for parents/carers as an additional language](#)

[Applying for a primary school](#)

**These are government funded courses for parents and carers who would most benefit from FREE tailored courses.**



**Mindworks**  
Surrey

**Our free Children and Young People's Crisis Line is available 24 hours a day for young people 6 years old and over, parents and carers who are experiencing emotional and mental health crisis.**

**Please call 0800 915 4644**  
**selecting option 1**



Scan me to visit our website  
[www.mindworks-surrey.org](http://www.mindworks-surrey.org)