



# WELLBEING WEDNESDAY

BULLETIN  
03.03.21

## Tasty Tomato Pasta



### What you need for serving 4

- Olive oil
- 300g Penne Pasta
- 1 small onion & garlic
- 400g tin chopped tomatoes
- Cheddar cheese

### Method

- Pour olive oil into a pan
- Add the chopped onion and garlic
- Cook pasta in water in a pan
- Add tin of tomatoes to onion & garlic (10mins)
- Drain pasta and add sauce
- Sprinkle with grated cheese

## WELCOME

We are extremely excited to introduce our first parent and carer Health and Wellbeing bulletin. We will be sharing top tips, recipes ideas and additional support on how to look after both your own and your child's mental wellbeing. Take a look.....

## NSPCC Returning to school and coronavirus (Covid-19)

Going back to school after lockdown will be scary for young people whatever their age and it can also be an anxious time for parents and carers.

Here is some advice to help with any questions or worries you may have -

1. Encourage your child to talk about how they are feeling. This could be face to face or they could write things down.
2. Rolling news and social media can cause a lot of anxiety. Remind your child of the facts and let them ask questions.
3. Make sure they are getting enough sleep and reducing their screen time before bed.
4. Share Childline Calm Zone. This is a place where young people can access activities to help reduce their stress.
5. Ask your child what they are looking forward to about going back to school.

## Did you know?

There are 5 ways to help to look after yourselves



## QUOTE OF THE MONTH

### REMEMBER...

- 1 It's ok to have a bad day
- 2 It's ok to make mistakes
- 3 set back is not failure
- 4 It's ok to take a break
- 5 Nothing is perfect
- 6 You are stronger than you think you are
- 7 Asking for help is strength
- 8 Small steps are also progress

## SUPPORT LINKS

