



# Pinehurst Primary School

Pinehurst Avenue ▲ Anfield ▲ Liverpool L4 7UF

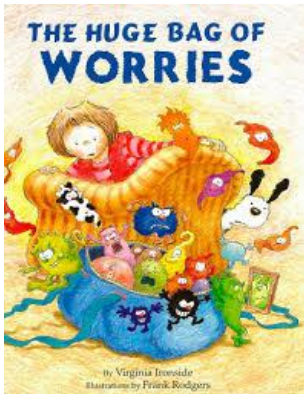
Tel: 0151 263 1300

Headteacher: Miss K Morris Deputy Headteacher: Mr D Briscoe

*Experience, Excel and Enjoy*

## Wellbeing Newsletter February 2021

### Book Recommendation



A reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings.

**The perfect book to soothe worries during stressful times.**

<https://www.youtube.com/watch?v=8QwEOSBjOt8>

### Top Website

<https://cookingonabootstrap.com/>

Jack Monroe is an award winning food writer and bestselling author. She works with Oxfam, the Trussell Trust, Child Poverty Action Group, Plan Zheroes, the Food Chain and many food banks, schools and children's centres to teach people to cook and eat well on a low income, and campaigns against the causes of poverty and austerity in Britain and abroad.

### Activity Time Creating a Routine

We've all experienced changes in our lives and routines, especially children because they can't go to school. Create a new routine together to help your child feel more secure. Use a timetable to create a visual timetable with your child. Children can draw or write in the timetable using our suggested activities; School work, Exercise, Chores, Creativity or playtime, Screen Time. Remember, it is important to have time to relax.

More Information can be found here .....

<https://www.partnershipforchildren.org.uk/uploads/Files/PDFs/Resilience%20Activities/Creating%20a%20Routine.pdf>



<https://www.childrensmentalhealthweek.org.uk/>

### School Help

A reminder that if you are struggling at this time we are here to help. In addition to your child's class teacher you can contact Ms Wigelsworth in confidence if you require some support for your family.

**If you require help or support we have an emergency contact number of: 07858 739336**



We're working towards Artsmark  
Awarded by Arts Council England