

# Alfred Lord Tennyson School

December 2024

Head Teacher: Mrs. K O'Connor

## Wellbeing at ALTS

# Welcome to our Autumn Term Wellbeing Newsletter

## [www.alts.northants.sch.uk](http://www.alts.northants.sch.uk)

Find us on  
Facebook!



Welcome to our 'Wellbeing at ALTS' newsletter. Each term, we aim to share with you services, support and practical advice that you can use to support your child's positive wellbeing.

This term's edition is focused on sharing information that we hope is helpful in supporting Wellbeing during the winter months.

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more  
parents  
by medic



**Mrs Appleby**

**Inclusion Manager/  
Senior Mental Health**



**Mrs Bunker**

**Family Support Worker**



**Mrs Hall**

**Learning Mentor**

If you need any additional support this term, please contact a member of our pastoral team—Mrs Appleby, Mrs Bunker or Mrs Hall who will be happy to support you.

# Keeping Warm

For more information visit: [Cold weather advice | North Northamptonshire Council](#)

## Keep warm at home

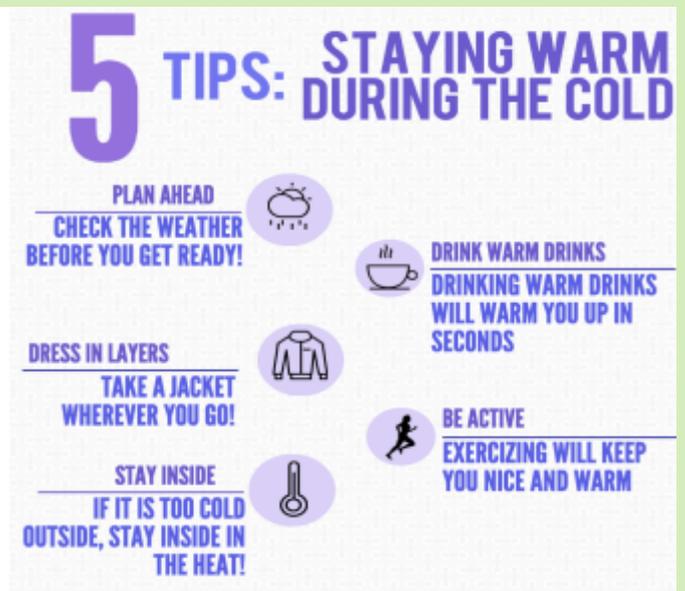
Low indoor temperatures can have a serious impact on your health, especially if you have medical conditions or are older. Simple changes can help to keep you warm and reduce the risk of developing medical problems:

- heat the rooms you spend a lot of time in (e.g. such as the living room or bedroom to at least 18c)
- wearing several layers of thinner clothing can keep you warmer than one thicker layer
- try not to sit still for more than an hour - even stretching your arms and legs can also help keep you warm
- If you have visitors, **ventilate the room** for a few minutes before and after they arrive to stop the spread of germs (you can also leave the window open during their visit, if it's not too cold)

## Wrapping up Warm

The weather is definitely getting colder. Here are some general tips to help keep your family warm:

- ◆ Wear a winter coat
- ◆ Wear scarves, hats and gloves
- ◆ Drink warm drinks
- ◆ Wear extra layers
- ◆ Keep active
- ◆ Use an extra blanket if needed
- ◆ Do a mixture of indoor/outdoor activities
- ◆ Wear thicker socks or an extra pair when outside
- ◆ Eat warm cooked meals

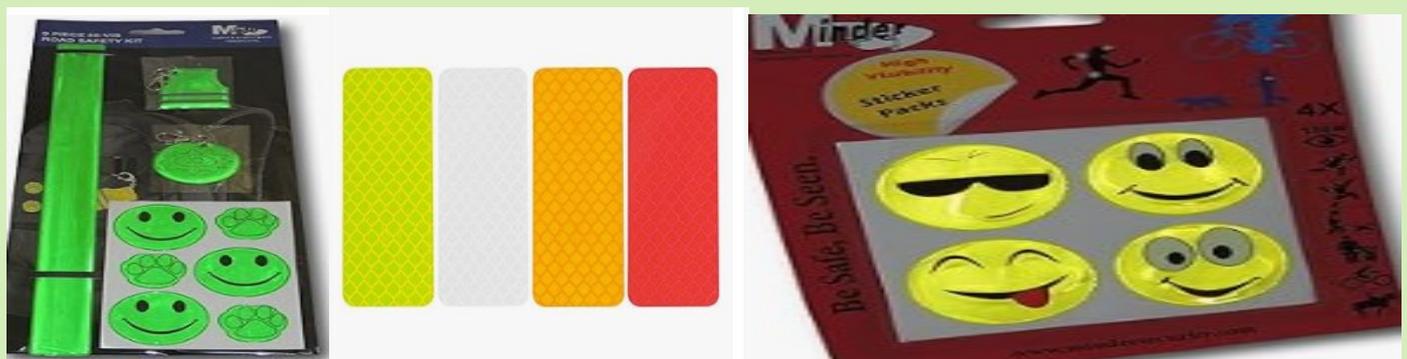




# Road safety during Winter

## Be safe, be seen

It is also important to teach children of all ages about the need to be visible on the roads, and this is particularly important as the evenings get darker at the end of autumn and throughout winter. You will need to encourage your child to wear clothes that make them visible to motorists. Many coats and school bags have reflective strips to make your child more visible to motorists. It is vital that your child understands the need to see and be seen, and how difficult it can be for motorists to see them. You can explain to them how their clothing can affect their visibility to other road users and how it can affect their ability to see and hear what is going on around them. Explain the difference between reflective and fluorescent materials. Reflective materials show up in the dark and fluorescent materials allow you to be seen in daylight.



## The Green Cross Code

Children aged 7 can begin to learn the Green Cross Code and how to put it into practice.

### 1) Find a safe place to cross

- Use a pedestrian crossing if there is one
- Choose a place where you can see clearly in all directions
- If an obstacle is blocking your view of the road, choose a better place to cross!

### 2) Stop just before you get to the kerb

- Do not stand on the kerb
- If there is no pavement, stand at the edge of the road.

### 3) Look all around for traffic and listen

- Traffic can come from any direction
- Sometimes you can hear traffic before you see it
- If you see or hear an emergency vehicle in the distance, let it pass.

### 4) If traffic is coming, let it pass

- Never run across the road when traffic is coming, even if you think there is time. It can be difficult to judge the speed of traffic
- Be aware that traffic may speed up.

### 5) When it is safe, go straight across the road- do not run

- Continue to look and listen as you cross
- Look out for cyclists and quieter vehicles, you may not hear them approaching
- Walk straight across the road.

## The Green Cross Code



More information can be found at: [Teaching Road Safety: A Guide for Parents](#)

# Looking after our Wellbeing in Winter

It is important to look after your wellbeing and to keep active in the winter months. Activities such as a family walk or watching a festive movie can be the most rewarding. Parents are busy running the household and working, but just one activity with your child can make a difference. Ask your child for suggestions about what they could do. Technology has its place but getting children active and creative has such a positive impact on their mental health. Why not try:

- ♦ Going on a nature walk/hunt/collecting leaves/twigs/pine cones or going on a trip to your local park
- ♦ Baking or decorating biscuits with icing/edible glitter
- ♦ Ball games, card games or board games
- ♦ Meeting up with friends

During the holidays your child will be out of their usual routine. Try to keep some structure in their day. If your child is finding it all too much, turn the lights down low, put on calming music and tell them to relax in a quiet space for a period of time.

## 30 Family Wellbeing Activities to Celebrate Winter

- 1 Cut out paper snowflakes.
- 2 Drink hot chocolate.
- 3 Wrap up warm and go for a Winter Walk.
- 4 Make a gingerbread house.
- 5 Go see some brilliant Christmas lights.
- 6 Make a den to watch a movie in.
- 7 Play winter charades.
- 8 Paint a snowy winter scene.
- 9 Make a Christmas dinner hat.
- 10 Complete a jigsaw puzzle as a family.
- 11 Cook a big Sunday Roast.
- 12 Collect pine cones and decorate them.
- 13 Make some fake snow and build a snowman.
- 14 Make a bird feeder and see what visitors arrive.
- 15 Have a mini Winter Olympics.
- 16 Make some reindeer soup with all the things reindeer love to eat.
- 17 Collect some materials from nature and make your own Christmas tree.
- 18 Make some paper chains to decorate the house.
- 19 Make up a dance to your favourite Christmas song.
- 20 Play winter charades.
- 21 Stargaze out of your window.
- 22 Make a festive wreath.
- 23 Have a winter fashion show to see who can make the warmest outfit.
- 24 Make some salt dough ornaments.
- 25 Create some pom-pom snowballs to have an indoor snowball fight.
- 26 Go sledding in the snow.
- 27 Make a festive collage from magazines and wrapping paper.
- 28 Paint some handprint reindeers.
- 29 Go for a walk in the woods and see if you can spot a robin.
- 30 Make your own Christmas crackers.



# Keeping Active in Winter

When the weather is cold and wet, it can be hard to think of ways to keep children active. Below are some suggested activities from the Healthy Schools Team:

## Let's Get Active-December



1 Help put up the Christmas decorations!	2 Write Christmas cards for your family and friends and post them.	3 Visit the local park after school and play on the equipment.	4 Create a Christmas themed game to play with your family.	5 Bake some gingerbread men or a gingerbread house!	6 Organise a family games night.	7 Go outside and see if you can spot signs of winter.	8 Look at the Christmas decorations at a local garden centre.
9 How many squats can you do in 1 minute?	10 Ride your bike or scoot to school.	11 How many leaves can you collect in your garden or local green space?	12 Sort out your wardrobe and find an outfit you want to wear over Christmas.	13 Go for a walk and look at the Christmas lights.	14 Donate something to a local food bank to support someone over Christmas.	15 Can you make a sandwich for lunch that looks like a snowman?	16 Wash your family or neighbours car.
17 Clean your room ready for new gifts on Christmas Day.	18 Do star jumps until you feel hot and sweaty.	19 Use tins from the kitchen cupboard as weights.	20 Go for a bike ride with your friends.	21 Get your Christmas presents wrapped!	22 Have a go at some of the <a href="#">Cosmic Kids Yoga Christmas special videos!</a>	23 Get the colours and paints out and create a Christmassy scene.	24 Help to prepare the Christmas dinner for tomorrow.
25 Go on a Christmas Day walk with your family.	26 Help set up a Boxing Day buffet for your family.	27 Put some Christmas music on and play musical statues!	28 Create a Christmas scavenger hunt.	29 Go litter picking in your local area.	30 Have a day where you do not sit down.	31 Help clean the house ready for the New Year.	



# Mental Health at Christmas

If you are worried about a child or young person's mental health over the festive period, speak to your GP or another professional that knows your child. CAMHS services remain open during the ordinary working days in the holiday period and some CAMHS services have out of hours support.

## COPING AT CHRISTMAS

The Added Pressures of Christmas can be Tough, but it's Important to know there's always Someone you can Talk to...

**NHS** 111 online

Call 111 & select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7

[Nhs.uk/mental-health](https://www.nhs.uk/mental-health)

**PAPYRUS**

Under 35s can Call 0800 068 4141, Text: 88247 or Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) 24/7

[Papyrus-uk.org](https://www.papyrus-uk.org)

**SAMARITANS**

Call 116 123 to talk to Samaritans, or email: [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours

[Samaritans.org](https://www.samaritans.org)



Call MIND's Mental Health Helpline 24 hours a day, 7 days a week on 0800 414 8247

[Mind.org.uk](https://www.mind.org.uk)

**shout**  
85258

Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

[Giveusashout.org](https://www.giveusashout.org)

**CALM**

Mental Health Forum & Chat for Men from 5pm - midnight every day Call or Watsapp 0800 585858

[Thecalzone.net](https://www.thecalzone.net)

[ChristmasCountdown.uk](https://www.ChristmasCountdown.uk)

**Look out for our next edition due out in the Spring Term.**

