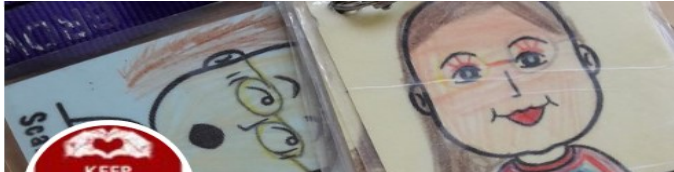


Happy New Year!!!!



Thriving in education

@SEL\_Norfolk\_Sch

Happy New Year from us at the PATHS team. It isn't what most of us were hoping for but we know that our school communities are resilient. We have put together some resources and ideas to support wellbeing; for grown ups as well as children. Enjoy!



Positive Parenting Project.

This website which aims to teach us how to parent smarter not harder might be of use to staff and families right now; especially the blog on 'Homeschooling tips for weary parents working from home'. It focuses on many aspects including coparenting, behaviour, play, tech and of course Covid 19 and is accessible [here](#).

Random acts of kindness week starts 17th Feb and we can all benefit from kindness right now.

For some ideas about what you and your children could do, click [here](#).

Included with this newsletter is an amazing home schooling resource curated and kindly shared by teacher Manjit Nota. It features: Research, Art & Craft, Cooking, English, Maths, Reading, Science/DT, Tech, History, Geography, PE, PHSE, Mental Health, R.E. and MFL covering EYFS to KS4. We are very grateful. Please share with your community.



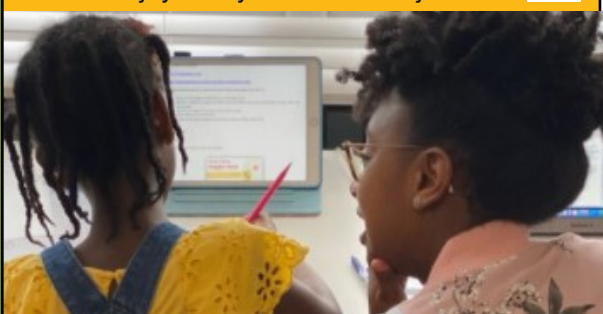
Share your designs with us on Twitter and Facebook at @PATHS@UK

Norfolk Music Service teachers will be running weekly online music sessions, commencing on Monday 11th January and running every week (during term time) throughout lockdown.

We are huge fans of Yolanda Brown and "Let Me See You" was a big song on her show Yolanda's Band Jam, with loads of children dancing and singing along.

You can enjoy with your little band jammers [here](#).

Any primary student who attends one of the online sessions each week will receive a certificate and schools will be informed of their 100% engagement on these sessions.



We like the look of 'Smiling through Song'. To find out more and to book click [here](#).

### Support

Just One Norfolk is the one stop shop for families to support good health. It is the place to access advice on physical and mental health and can be accessed [here](#) or on 0300 300 0123

There is a [Covid Support Scheme](#) available to help with money worries – both with advice to help you budget and that can help you with household expenses such as food. The [Norfolk Assistance Scheme \(NAS\)](#) helps people who are unable to meet their immediate needs or need practical support to set up home. For new applications, the quickest and easier way is to apply online or you can call 0344 800 8020. Visit [Pink Orange](#) to find out more and com-



The [Daily Mile™](#) are hosting their first national event day in schools and across social media on Friday 5th February, to coincide with Place2Be's [Children's Mental Health Week](#).

They are encouraging every school to get involved and bring the nation together. Can you help them get to 1 Million Moving?

Find out more [here](#)

### Grown Up's Corner:

#### Connect

All families have ups and downs. When times are tough asking for help from family and friends is an important way of looking after your children and yourself. To support this, [here](#) is the Healthy Child Programme's Family Network and our 'We are Individued' portal [here](#).

#### Be Active

Even a small amount of activity will have a positive impact on your physical and mental health, and there's plenty you can do at home - [here](#) are some ideas from Active Norfolk to keep you moving

#### Take Notice

Reminding yourself to 'take notice' can strengthen and broaden awareness. Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities. Take some time to enjoy the moment and the environment around you. [Here](#) are a few ideas from Neurolove.

#### Learn

The [Solihull Approach](#) 'Understanding Your Child' is a free online course via the Healthy Child Programme, available for everyone who cares for children aged 0-18 years. It's there to help you recognise emotions in yourself and your child to see how they can impact on be-