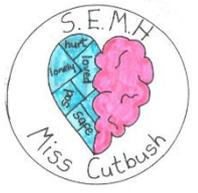


Wheatfields Mental Health and Well-being Newsletter

April 2024



Cyber safety

This week the school have been focussing on making parents and carers aware of the possible risk from using a number of social media platforms and games.

For more information the NSPCC offer a 16-minute video on You tube:

<https://www.youtube.com/watch?v=YO6Ux7qfYXk>

Parents/carers should be checking their child's messages and in-game chats, monitoring devices usage and ensuring they only have age-appropriate apps installed on their device.

Talking to your child about racism

- Recognize and celebrate differences- "We are all human, but we are all unique, isn't that amazing"!
- Be open – Make it clear that you're always open to your children's questions and encourage them to come to you with them.
- Use fairness –Talk about racism as unfair and unacceptable and that's why we need to work together to make it better.
- Use fairness – Children, especially those around 5, tend to understand the concept of fairness quite well. Talk about racism as unfair and unacceptable and that's why we need to work together to make it better.

Key dates for April:

Easter Sunday - March 31st

Earth Day – April 22nd: An important day, celebrated by 192 countries, to raise awareness about looking after the environment.

Stress Awareness Month April: Increasing public awareness about both the causes and cures for our modern stress epidemic.

Celebrate diversity

Try to find ways to introduce your child to diverse cultures and people from different races and ethnicities. Such positive interactions with other racial and social groups early on help decrease prejudice and encourage more cross-group friendships.

You can also bring the outside world into your home. Explore food from other cultures, read their stories and watch their films.

Be conscious of racial bias in books and films and seek out ones that portray people from different racial and ethnic groups in varied roles. Consider stories that feature minority actors playing complex or leading characters. This can go a long way in confronting racial and discriminatory stereotypes.

These are some fantastic books to share with children:

