



Newsletter



Eco-Schools at Home

Here you will find the resources to turn your home into an Eco-Home, just like your school. Follow the simple process to assess how eco-friendly your home is and how to take steps to make it (and your household) more eco-friendly.

Remember to share how you get on with your school and us by using the **#ecoschoolsathome** on social media so we can celebrate all your achievements with you. If you need any help, you can email us at eco-schools@keepwalestidy.cymru anytime.

[Click here](#)

Papyrus HopelinkUK



HOPELineUK 0800 068 41 41

PAPYRUS is the national charity dedicated to preventing young suicide. The organisation operates HOPELINEUK, providing free and confidential support and advice for both young people experiencing thoughts of suicide and those who may be worried about a young person.

Suicide is the biggest killer of young people in the UK and every year, many thousands more attempt or contemplate suicide or suffer alone, afraid to talk openly about how they are feeling. In the current climate, there is a concern that those at risk will be struggling at being isolated from friends, affected by relationship breakdowns and potentially unable to access their normal support services. We'd be grateful for your help in promoting the service to young people and families you are in contact with.

HOPELINEUK is open 9am – 10pm Monday to Friday and 2pm – 10pm during weekends and bank holidays.

Call – 0800 068 4141

Text – 07860 039967

Email – pat@papyrus-uk.org



Llywodraeth Cymru
Welsh Government

Useful Links

Welsh Government Coronavirus (Covid-19) [pages](#)
Welsh Government has published frequently asked questions about safeguarding and supporting vulnerable children and young people during the coronavirus pandemic. These questions will be updated weekly. Link [here](#)

NHS Updates automatically to your website - If you would like to find out how to get the accurate, up to date coronavirus information and advice from the NHS website in to your website, product or service, please visit: <https://developer.api.nhs.uk/coronavirus>



Education Begins at Home

Looking for things to do with the children, wanting the latest information from the Welsh Government, worried about your teenagers mental health? Follow Education Begins at Home on Facebook for regular updates on the above and a lot more.



Issue no 1



The Play and Youth Support team wanted to let parents know that we are here to support and we understand some of the difficulties you are all facing with these uncertain times. We will be sharing regular bulletins which will contain plenty of ideas, tips and useful links that will support parents and families to encourage playfulness in the home.

The role of children's play during this pandemic

As parents we try to protect our children from the fears and tragedy around us, yet we have to explain why it is important to stay in. Children will often use their play to test out feelings and explore issues around them, children in war zones will often act out war games, this may make adults feel uncomfortable, however it is the child's way of interpreting and controlling (at least in their play) the situation they find themselves in. So if your children are including the virus in their play it is a very normal thing for them to do.

Play also makes children feel good and actually can make adults feel less stressed too, so if you can play together it may help you all feel better.

It is vital that all children are able to play during this time and we must ensure that we balance school work with plenty opportunities for play.

Play object of the week

How can I play with a...

Stick

- A magic wand
- A sword
- A guitar
- A secret key
- A decoration
- A walking stick
- A horse
- A conductor's baton
- A spear/javelin
- A pen / pencil
- Drumsticks (with pans)
- A tool for digging
- Create patterns on floor

How many more can you think?



Playful Timetable		
	Indoor	Outdoor
Monday	Build something with stuff from around the house.	Learn to cartwheel / Do a roly-poly
Tuesday	Bowling (plastic bottles for pins)	Hunt for fairies/ trolls
Wednesday	Pillow fight	Dig for treasure
Thursday	Make a blanket fort	Build a tower of stones
Friday	Build a tower of shoes/trainers	Make a mud pie
Saturday	Play hide and seek	Paint with Water
Sunday	Make sensory bottles (oil, glitter & water/ rice shakers)	Make potions from leaves, twigs & natural materials

Useful links

Play Wales have developed some fantastic info sheets and ideas specifically for families they can be found here:

www.playwithhoods.wales

www.playwales.org.uk

Twitter: @playwales

Facebook: playwales

Young Wrexham Website

www.youngwrexham.co.uk

Play and Youth Support Team

Contact us

play@wrexham.gov.uk

01978298361



www.wreccsam.gov.uk | www.wrexham.gov.uk

And finally.....



Game for a short quiz?.....Can you name these North Wales landmarks?

[Take the quiz](#)