



Stockport Schools Relational Round Up

Welcome to April 2 of our Relational Round Up for Stockport Schools.

These weekly newsletters are here to offer a regular well-being top tip for families and share good stories from our schools across Stockport during our current new ways of living.



As a family we will all be experiencing our own mixture of emotions as we adjust to our new way of being. Whilst we are all for staying at home and keeping everyone safe, it is frustrating not being able to see our friends at school or at the weekends. And though we may be spending more time alongside each other than we would normally, bizarrely we can still easily become disconnected from each other, lost within the daily juggling of working from home, home schooling and daily life admin.

One **top tip** to help keep our relationships healthy is to purposefully take time to 'check in' with yourself and those around you. By tuning in and thinking about how we are communicating with each other, we can help create positive and supportive relationships that benefit all of us as we share space together during lockdown. When we tune in with each other, we let each other know that our individual thoughts and feelings are important and respected and we can find out what those who live around us are feeling and thinking. When we are 'tuned in' we are less likely to misunderstand each other.



The most important person to tune in with first is you. Our current daily challenges can mean we are busy focusing on others and miss out on tuning in with ourselves. If we wish to be connected and our best selves with others, then taking the time to check in and model kindness to ourselves can have significant benefits on those around us. It can help us to recognise when we need to reach out for support, recognising the benefits of approaching our lockdown situation as a relay, rather than a marathon, where we can pass the baton on at times we need a break.

Check In & tune in with yourself.

How am I?

What am I thinking?

How am I feeling?

What do I need?



Check In & tune in with Others.

How are you?

What are you thinking?

How are you feeling?

What do you need?

Top Tips for Tuning in:

- ✓ You could use this script to help tune in with yourself and others.
- ✓ Try using emoji's to help identify and express feelings.
- ✓ Try to bring your focus onto what's happening physically, either in your body or in your surroundings, to help ground yourself.





Try this activity as a fun way to tune in with each other and see how many new things you learn about each other. Thank you to Sarah Harper at Our Lady's for sharing this resource.

all about me

My favorite word

“ ”

My birthday

MONTH	DAY



My self portrait



My favorite animal



My favorite School subject



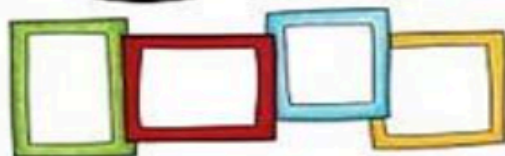
My favorite food



What makes me happy



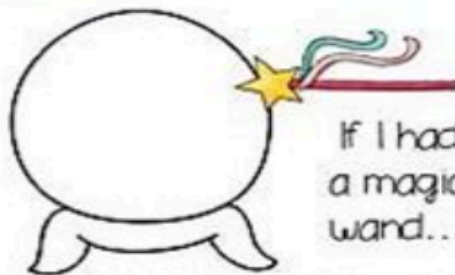
My friends



What I'm afraid of or worried about



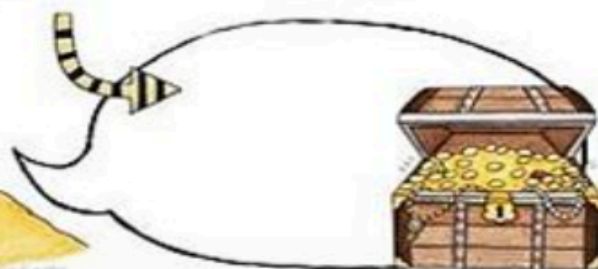
If I had a magic wand...



What I'd bring on a deserted island



My most treasured possession





Let's share some good stories from across Stockport Schools



The children of key workers at **Our Lady's RC Primary School** have made some beautiful bunting for the school fences.



Etchells Primary, Outwood Primary and Prospect Vale Primary have come together to create some beautiful banners for Heald Green Village.

Some exciting making and creating at home from **Vernon Park Primary** pupils.



Take a look at **@CHPSchool** on Twitter for some 'stay safe and stay home' celebrity messages for the pupils at **Cheadle Heath Primary**.

We will be sending out the next Relational Round Up letter in the week beginning April 27th. If you would like to share a good story or show us something that you have been creating at home in our letter please tweet to **@stockportRA**.

