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### 10 Top Tips for Parents and Educators **CREATING FAMILY RULES FOR USING DEVICES**

Let's be Safe online. The start of a new academic year is the best opportunity to co-create family rules for the safe use of devices. [Find 10 helpful tips here by Dr Claire Sutherland.](#)



## EVENTS

Tuesday 8th October at 9:10-10:10am. Don't miss our Parent Coffee Morning facilitated by [My Young Mind Enfield \(MYME\)](#) and OPS staff

[Confirm your attendance here.](#)



## The OPS Curriculum

Take a look at [OPS' PSHE curriculum for the Autumn term](#) to see how at Oakthorpe we encourage healthy relationships with others through an age appropriate approach.



### **MENS SANA IN CORPORE SANO**

Mental health and Wellbeing is not a new fad.

Around the end of the first century AD the Roman poet Juvenal coined the famous phrase: *Mens sana in corpore sano* (a healthy mind in a healthy body), reinforcing the link between physical activity and wellbeing.

Discuss with your child:  
*What did you learn at school today/ this week about safety, safe relationships/ friendship ?*



### **Being Well Together** [This Way Up](#) offers

a range of Online evidence-based programs to help improve the way you feel. Their website encourages to look at the way we *Sleep, eat, and exercise as these impact the way we feel, and how we think. Not getting enough sleep can make you feel tired, irritable and make it harder to learn and remember new information. This can make it more difficult to manage your mood and emotions.* To give you and your children the energy you all need, try to:

- Start the day with a nutritious breakfast, to ensure you have enough energy for the day ahead. Look online for ideas
- Eat plenty of fruits, vegetables, and proteins and drink plenty of water
- Try and avoid sugary, processed and fried foods
- Limit fizzy and sugary drinks

## SIGNPOSTING



should you require an urgent response, please forward your email to: [beh-tr.enfieldcamshmhst@nhs.net](mailto:beh-tr.enfieldcamshmhst@nhs.net)  
If a young person is in crisis, call the 24/7 Crisis Line for Children/Young People & Families on 0800 151 0023 or contact your GP.  
In an emergency, please call 999 or attend your local A&E.  
You can also call:

- Samaritans - trained Samaritans are available to talk through your concerns and worries any time, day or night. Telephone: 116 123 (free)
- Childline - trained Childline counsellors are there for children and young people, open 24/7. Available online and on the phone. Telephone: 0800 1111 (free)
- Papyrus - trained advisors provide support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person. Telephone: 0800 068 4141 (free), available everyday, 9am to midnight.