



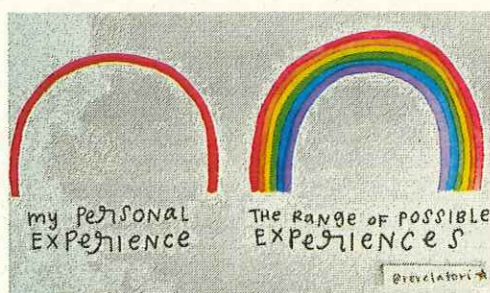
# Stockport Schools Relational Round Up

Welcome to April 1 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.

## What do we need as a family to be our best during these new and different times?

Whether we are working and learning from home, or whether we are still leaving our homes to work in our classrooms or offices or hospital wards; we are all finding ourselves in new and unfamiliar situations with our families.



Our usual routines and ways of being with each other have been disrupted, alongside a time when we are all facing new challenges.

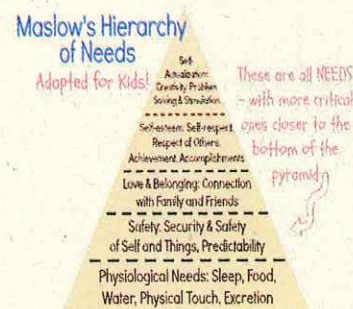
Each of us within our families are experiencing these changes and challenges in a different way and we can easily find ourselves falling out with those around us as we try to find a new way of being together.

One **top tip**, in order to help us to be the best we can be during this puzzling and testing time, is to take time to sit down and talk with our families and ask each other 'what do we need, from ourselves and each other, to be our best during these new and different times?'

Together you can create a list of things you are needing from each other to help boost each other's well-being.

### How to do this:

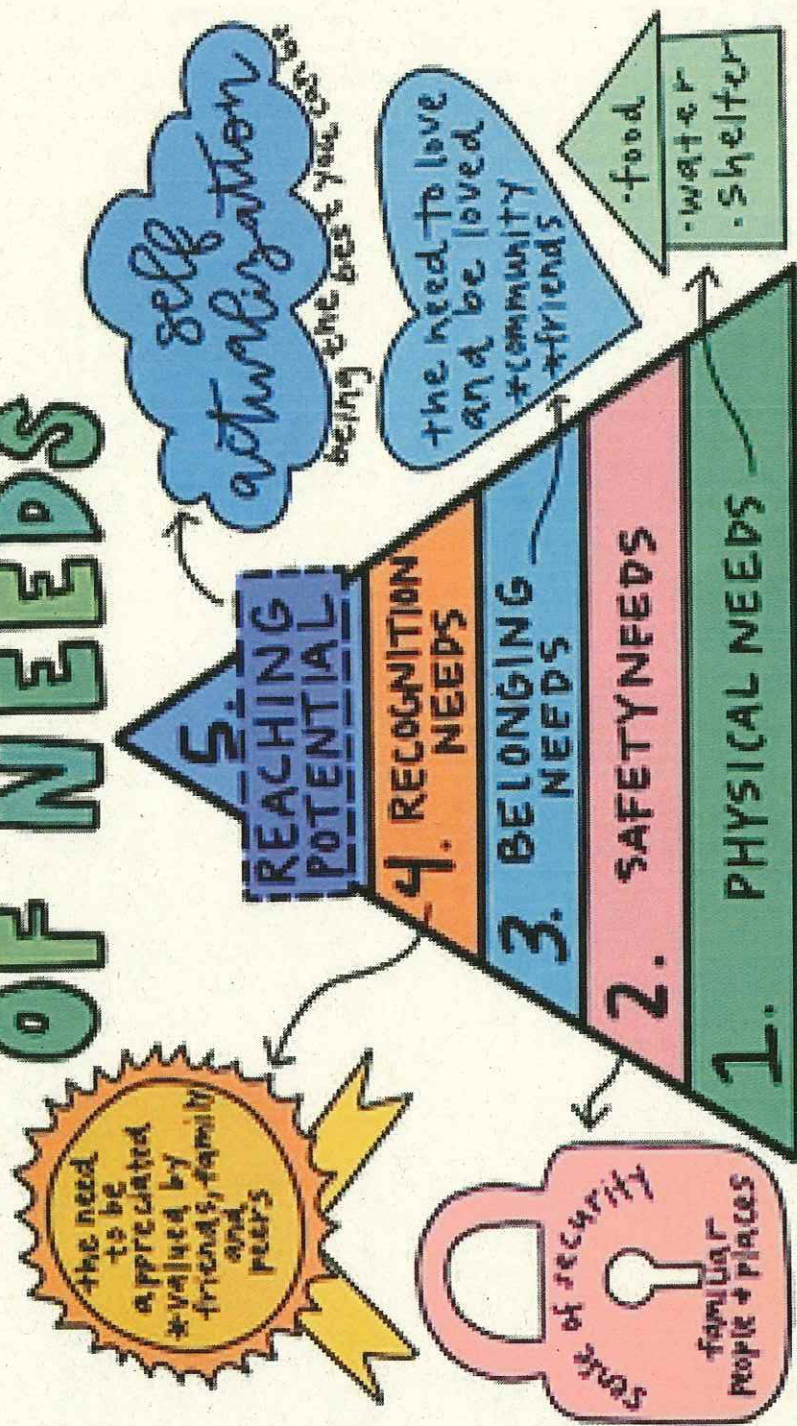
1. Invite everyone to come together to make a family plan around what we need to be our best at the moment.
2. Explain that each person will get a chance to talk and be listened to, so that everyone has a chance to understand how each other can be helped to be their best.
3. You could use Maslow's Hierarchy of Needs to focus your questions;
  - What things do you need to help with your sleep/meal times?
  - What things would help you to feel safe?
  - Are there any things that we can do to help us get along better with each other?
  - What would help us get the best with your school work?
  - What would help you to be your best?
4. The kind of ideas that you agree might be 'we listen to one another, 'we will find quiet place to calm down' when we are annoyed, 'we will have quiet time for an hour a day where we spend time on our own', 'we will check before helping ourselves to more cereal.'
5. The need and actions that are identified in your discussion can then be written onto a poster and become 'Our Family needs poster'.
6. Regularly check in with this list, maybe at a daily meal time and ask 'Which of these things did we do well today?' along with 'which of these things do we need to focus on more tomorrow?'



Be brave and have a go. If you would like to share your needs posters please tweet them to us @stockportRA.



# MASLOW'S HIERARCHY OF NEEDS



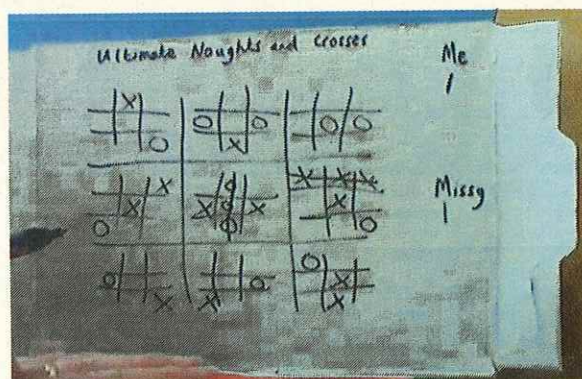
What do we need, as a family, to be the best we can be?





## Let's share some good stories from across Stockport Schools

**Lark Hill You Tube Virtual School:** Lark Hill staff have created their own You Tube channel. Take a look at these fab on-line activities; including Nerf Gun Phonics and Ultimate noughts and crosses!



Castle Hill students and staff have found some exciting ways to expand their science knowledge.

@CastleHillHigh Maisie's earning her keep and keeping everyone well fed.



9:25 PM - Mar 28, 2019 - Twitter for iPhone

The boys were able to spot the @Space\_Station this evening & read some fact [bbc.co.uk/newsround/amp/...](http://bbc.co.uk/newsround/amp/) It can be seen every night this week too - great for home schooled science 🌌 @st\_philofferton #iss #HomeschoolingUK #ScienceFromHome #InternationalSpaceStation #homeschooling



The children and staff who are spending time at **Prospect Vale Primary School** have created this beautiful rainbow.

We will be sending out the next Relational Round Up letter in the week beginning April 20<sup>th</sup>. 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.

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