



"It is really important to look after your mental health, especially in these unusual times. It wont only make you feel better, but can help you at school"

Children with a good level of wellbeing are more likely to perform well at school as well as benefiting their mental health in the future. Here are five simple things you can do to improve our emotional health and wellbeing.

CONNECT - connect with others, spend time with family doing fun things

GIVE - do something for a friend not only will they feel good but you will too

BE ACTIVE- do something active every day

TAKE NOTICE - take a break, relax, listen to music, go for a walk and take notice of what is around you

KEEP LEARNING - Try something new just because it interests you

For further information and support:

www.nspcc.org.uk

www.healthyoungmindsinherts.org.uk

www.5minutefun.com



"Volunteering can be good for your health, so we thought we'd mention the volunteer police & emergency service cadets. You can read about them below!"

Did you know that at the age of 13 you can join the policing family. We want to give all young people a chance to be heard, support their local community and develop skills to become fantastic citizens in a fun, friendly and exciting way.

What does a Volunteer Police Cadet do?

Make new friends

Take part in activities, trips and camps

Support your own community in social action projects

Develop new skills in teamwork and leadership

Learn about British policing

We know most of you won't be 13 yet, but you can apply before then and we will be in contact when you are old enough!

For more information, please email Kelly: cadetsinfo@suffolk.pnn.police.uk or visit the 'Join Us' section of our website www.suffolk.police.uk

ONECOPSTOP

KEEPSAFEANDKNOWTHELAW



Hello and welcome to our latest newsletter. This week some of you have gone back to school or will be soon. So we thought it would be a good time to give you some tips on keeping in good spirits with all these changes going on! Don't forget you can still ask me questions by emailing questiontime@suffolk.pnn.police.uk

Fun & Games

PD Morse and the rest of his team would like you to draw a picture about the favourite thing you did during lockdown. What has made you happy? Is it being with family, playing online games with friends or spending time in the sunshine?

Please send us a photo of your picture using my email address and tell us why you drew it. I will pick one to print in my next newsletter and make a special mention!

questiontime@suffolk.pnn.police.uk



Have you thought about developing a new skill?

A lot of adults have decided to learn something new during lockdown but children can too! It's not just about school work, you could consider learning a new skill or exploring something that interests you. There are loads of websites with great ideas and a lot of clubs are working virtually. Why not look at the below.

joininuk.org | bbc.co.uk/cbbc | sea-cadets.org | armycadets.com | jamesdysonfoundation.org

PARENT HUB

Some children back to school - but not as they know it. There will be new routines, new rules & new classes. This can create anxiety, not only for children but for parents not knowing how best to support this period. Parent Zone has put together eight tips which you can access here parentzone.org.uk.

With mental health on the rise amongst children, these apps and information sites can help parents & carers; theschoolrun.com, childrenssociety.org.uk, & partnershipforchildren.org.uk. Volunteering has also been shown to improve wellbeing and boost confidence. Check out volunteersweek.org.uk.



Your Questions to PD Morse

I had a some fantastic questions this week, please keep sending them and I will pick a couple to answer each week.

Jacob, aged eight, asked "why is policing so important?"

Policing is important for so many reasons, but the most important one is to keep everyone safe! It's not just about arresting criminals (although it is a big part), we also help people by giving them advice, working with schools and the Government and helping those who may have done wrong change their ways!

Georgia, aged 10, asked "does a full moon affect people's behaviour?"

Wow, what a great question! Research shows that a full moon doesn't influence people's behaviour, however, most of my colleagues believe otherwise!



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