



7. A sense of success and achievement is, nevertheless, an important factor in wellbeing – so help your child and young person choose activities where they are likely to experience success. If the work provided seems too hard for your child or young person, then it is okay to just leave it. You may decide to come back to it at a different time.

8. Try to help your child to stay connected with school staff. Depending on the age or stage of your child this might be through Google Classroom, Microsoft Teams, class blogs, through the schools’ social media page or by emailing teachers. Maintaining key relationships is important where possible.



9. Similarly, try to help your child stay connected to their friends. Most children see their friends nearly every day of the week and so not being in contact with them for some might be upsetting. Try to encourage or help your child connect with their friends through voice calls, video calls or messages on mobile phones.



10. Try and get some exercise for all the family. There is strong evidence that physical activity supports our mental wellbeing. Opportunities are limited in the current situation but take advantage of what is available and relevant to the interests of your child and family.



Finally if you have any worries or concerns about how your child is managing you can contact Paradykes Hub on 0131 271 4650. They will get in touch with staff from your own school and who will get back to you.

You can also contact your own school via email on:

Bonnyrigg <a href="mailto:bonnyrigg.ps@midlothian.gov.uk">bonnyrigg.ps@midlothian.gov.uk</a>	Burnbrae <a href="mailto:burnbrae.ps@midlothian.gov.uk">burnbrae.ps@midlothian.gov.uk</a>
Hawthornden <a href="mailto:hawthornden.ps@midlothian.gov.uk">hawthornden.ps@midlothian.gov.uk</a>	Lasswade <a href="mailto:lasswade.ps@midlothian.gov.uk">lasswade.ps@midlothian.gov.uk</a>
Loanhead <a href="mailto:loanhead.ps@midlothian.gov.uk">loanhead.ps@midlothian.gov.uk</a>	Mount Esk <a href="mailto:mountesk.ns@midlothian.gov.uk">mountesk.ns@midlothian.gov.uk</a>
Paradykes <a href="mailto:paradykes.ps@midlothian.gov.uk">paradykes.ps@midlothian.gov.uk</a>	Rosewell <a href="mailto:rosewell.ps@midlothian.gov.uk">rosewell.ps@midlothian.gov.uk</a>
St Margaret's <a href="mailto:stmargarets.ps@midlothian.gov.uk">stmargarets.ps@midlothian.gov.uk</a>	St Mary's <a href="mailto:stmarys.ps@midlothian.gov.uk">stmarys.ps@midlothian.gov.uk</a>
St Matthew's <a href="mailto:stmatthews.ps@midlothian.gov.uk">stmatthews.ps@midlothian.gov.uk</a>	

**WE ARE HERE TO HELP**

**#KindnessMidlothian**