



How to Take Care of Your Wellbeing

Life is a strange and challenging time right now and, firstly, we want to say a huge thank you for all the effort you are making to keep your children entertained and educated.

We appreciate that, for all of us, this situation can create anxiety and add new pressures. Therefore, we wanted to highlight the support that is out there should you want to reach out at any point over the coming weeks:

Samaritans are still operating their phone and email services 24/7:

116 123 (free number)

jo@samaritans.org (response within 24 hours)

They also have some great tips for looking after your wellbeing during this time:

<https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

Mind also has a page full of advice and support:

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

Every Mind Matters has a whole area dedicated to managing the anxieties that may come with having to stay at home. This includes a list of apps you may want to use:

<https://www.nhs.uk/oneyou/every-mind-matters>

If you need urgent mental health support, please call **First Response** (operating 24/7):

01274 221 181



Our Children's Wellbeing

One of the biggest anxieties for parents is supporting their children through this time. Below are some services that can offer support to you and/or your child:

Young Minds have put together 10 tips if your child is worried or anxious about coronavirus:

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/#ten-tips-from-our-parents-helpline>

MindMate has pages to support children and young people, as well as parents and carers. Their young people's page includes links to relaxation and mindfulness techniques:

<https://www.mindmate.org.uk/im-a-young-person/top-tips-feeling-good/mindfulness/>

Children can call **Childline** between 9am and midnight:

0800 1111 (free number)

They can also chat to a counsellor online by logging into the website, if this is more comfortable for them.

Kooth is a free, safe and anonymous online support service for young people aged 11+. They operate from 12pm-10pm on weekdays and 6pm-10pm on weekends:

<https://www.kooth.com/>



Keeping Our Children Safe Online

Online Safety is always an important issue but with our children possibly spending more time on their screens at the moment, we thought we'd remind you about some useful links:

Thinkuknow has great advice for children as young as 4 right up to 18, as well as advice for parents and carers:

<https://www.thinkuknow.co.uk/>

If you want more information about any of the apps, games or social networks your child is accessing, the **NSPCC's Net-Aware** can be a good place to start:

<https://www.net-aware.org.uk/>

If you or your child is concerned about the way somebody has been communicating with them online, you can report this directly to **CEOP**:

<https://www.ceop.police.uk/safety-centre/>

There is absolutely no expectation that you need to source any further teaching or learning materials for your children (we will continue to provide these). However, we are aware that some families in other parts of the country have been accessing online tutors. If you are looking at this at all, please do ensure that they have all the necessary checks in place and that they are from a reputable source. Your children's safety is paramount. There should be no need to look at this though as we will continue to support your child's learning at home through our website and other online learning tools.