

31st May 2020

Mental Health and Wellbeing:

Dear parents/carers

Infectious disease outbreaks, like the current Coronavirus (Covid 19), can be scary and can affect our mental health. While it is important to stay informed, there are also many things we can do to support and manage our wellbeing during such times. The Mental Health Foundation have some tips for you, your friends and your family to help look after your mental health at a time when there is much discussion of potential threats to our physical health.

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Additionally, there are now many apps available to help improve your child's general wellbeing. Have a look at the following websites that have looked at the best apps for children. Many are free!

<https://www.educationalappstore.com/best-apps/5-best-mental-health-and-wellbeing-apps-for-kids>

<https://www.theschoolrun.com/best-wellbeing-apps-for-kids>

<https://www.internetmatters.org/resources/wellbeing-apps-guide-for-kids/>

Also, YouTube has many educational videos on massage, meditation and storytime which can help with providing additional ways to support the well being of your children.

https://www.youtube.com/watch?v=Bk_qU7I-fcU

<https://www.youtube.com/watch?v=kAo4-2UzqPo>

<https://www.youtube.com/watch?v=oKRBraOwABU>

<https://www.youtube.com/watch?v=5HrkXT5Bc9E>

Finally, going forward we will be working with our pupils in school to address mental well being, but if your child is not in school then I hope you will find some of the above websites useful.

I will also be sharing some tips on how to reassure your children about coming back to school and we will ensure we acknowledge and support your child with any anxieties they might have. All of our pupils are a priority and although we will initially only see a small number of our children return to school next week, we will still be sharing home learning and other relevant resources for maintaining positive mental health.