

21 January 2021

Dear Parents and Carers

I hope this letter finds you all safe and well.

**I am writing to you regarding some useful information on wellbeing.**

The large majority of our school community are currently working remotely as you know. Simple daily routine, being motivated and achieving small goals can help a great deal with our wellbeing, and achieving a positive mind-set. For this reason, we encourage all students and families to keep to the daily routine of the school timetable, and we hope the introduction of the lessons being delivered via Teams is helping students to organise themselves and have a regular daily routine at this challenging time. Children like routine and generally respond positively if this is in place.

That said, working at home, being on a computer for the large majority of learning time, experiencing a different routine and the current unprecedented time in our lives can be overwhelming. It is therefore absolutely vital that we all pay attention to our wellbeing and do not under estimate the impact the current situation could have on this. As well as being dedicated to their school work and learning, it is more important than ever for our students to have a healthy balance to their day.

Ensuring we eat a healthy diet, drink plenty of water, sleep for the recommended eight hours a night and find the time to engage with some fresh air and exercise is also vitally important.

Our PE department have created several physical activities and challenges on our YouTube channel that I would urge your children to engage with. The link to get involved is below:

<https://www.youtube.com/channel/UCgB-7z9jbk9Yr1l-TxlbIrg>

As you will be aware, PE with Joe Wicks was a huge success in the last lockdown. Joe Wicks is delivering his exercise videos again via his YouTube channel on a Monday, Wednesday and Friday each week.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

Physical exercise is hugely important for our wellbeing and is a good way to get the whole family participating in something together and have some fun too. Of course, a simple walk in the fresh air every day is equally beneficial.

Socialising is important too. Keeping in touch with family and friends through appropriate remote channels is of course beneficial to our wellbeing. Please encourage your child to keep talking to their friends and I am sure as parents and carers you are also setting some time aside each day to talk with your child. Talking about any worries and anxieties and sharing these with one another is of great benefit.

There are various organisations that offer support and self-help guidance to children, adults and families regarding wellbeing. I would like to refer you to a few of these in the last part of this letter. We have also arranged for all of this information to be available on our website in the Academic & Pastoral section – who can a student talk to if they have a problem?

**Anna Freud** – Wellbeing support for children and families

<https://www.annafreud.org/>

**Anxiety UK** – Self-help resources and contact numbers offering support

<https://www.anxietyuk.org.uk/>

**Chat Health** – A confidential and secure text messaging service for young people created by the school nurse service

<https://www.nhs.uk/apps-library/chathealth>

**Childhood Bereavement Network**

<http://www.childhoodbereavementnetwork.org.uk/>

**Childline** – Online support for young people

<https://www.childline.org.uk/>

**Hampshire CAMHS** - Support for adults and young people

<https://hampshirecamhs.nhs.uk/>

**Hampshire Youth Access** – Counselling, advice and support for young people

<https://hampshireyouthaccess.org.uk/>

**MIND** – A mental health charity offering support, advice, tips and strategies

<https://www.mind.org.uk/>

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

**NHS Every Mind Matters** – practical strategies for looking after our wellbeing

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

**Off the Record** – Support services for young people

<https://www.talkofftherecord.org/>

**Samaritans** – A range of support for adults and young people

<https://www.samaritans.org/>

**Young Minds** – Developed by young people for young people, with a parent helpline

<https://youngminds.org.uk/>

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Finally, we have recently been informed of the following new resources which I wanted to share with you:

**1. New parent support site: "Theyarethefuture"**

This is now live: <https://www.theyarethefuture.co.uk/> and has articles on a wide range of wellbeing issues

**2. Free 3 day mini course: "Reset Your Child's Wellbeing in 2021!"**

This is for parents of children with stress, anger or anxiety. The course looks at 3 fundamental areas of wellbeing. When parents sign up they receive an email each day for three days. Each email will link to a video and a PDF, to guide you through the mini course.

Sign up page: <https://they-are-the-future.mykajabi.com/opt-in>

And for parents of children aged 9-12 (and as beneficial and valuable for those just outside of this age range):

**1. Free parent masterclass: "End Emotional Explosions!"**

This programme still has dates available in January.

Sign up page: <https://they-are-the-future.mykajabi.com/JanuaryMasterclass>

I hope you find the above information useful to support your child over the coming weeks.

Yours sincerely



Mrs S Moral  
Deputy Headteacher