



Dream big. Love God. Live well.

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Dear Parent/Carer,

Supporting Pupil Wellbeing

During this difficult and uncertain time, it is appreciated that many families and children will be feeling anxious and worried about our ever-changing world. To support this, we hope you find help in this guide to reduce anxiety, fear and also the opportunity use this time to reconnect. Children and adult wellbeing alike will continuously be at the forefront of our minds during this time and we hope that this provides reassurance for you and your family.

Firstly, please be aware that the NHS have provided a 'Wellbeing Guide' that may be useful for you at this time.

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Other links that support mental wellbeing are listed below. These links can provide support when discussing the Coronavirus (COVID-19) and above all reduce worry.

- www.youngminds.org.uk - provides a parent helpline and strategies to reduce anxiety.
- www.kooth.com - a free, safe and anonymous online support for young children.
- www.bbc.co.uk/newsround - provides key facts and age appropriate news for children.
- www.mind.org.uk - supporting and promoting positive mental health.
- <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19> - parent support when discussing and answering difficult questions.

With school closures, this is a difficult time to keep routine for your child. Using these steps may provide the right opportunity to improve your mental health and wellbeing and support your child to share their feelings and emotions.

- Connect
- Be active
- Learn new skills
- Give to others
- Mindfulness

Thank you for your continuous support within our Bishop King community. We wish you all peace and good health at this difficult time.

Kind regards,

Sophie Thorpe

Nurture Group Leader