



An Ashmole Academy Trust School

Head Teacher: **Mr Chris Tofallis**

15th January 2021

Dear Parents and Carers,

Pupil Well-being

As a school we are extremely proud of how well our pupils have managed the transition to online learning on our new platform and we congratulate them for their positive attitude and resilience. We feel it is important to write to you, so that you may share with your child, how vital it is that they are balancing their well-being with their remote learning from home.

We know that blended learning provides many benefits for our pupils and that logging onto live lessons with their teachers helps them keep the structure of their day and enjoy being part of the class and school community. However, we also want to ensure that they understand that it is vital that they have time to unwind and relax. We would like to make it clear that whilst we will continue to promote learning and high levels of academic progress during this school closure period, we also want our pupils to prioritise their well-being and remain happy, safe and motivated.

Attached at the bottom of this letter you will find several links to promote positive well-being. Please encourage your child to use these if you notice a decline in their mental health. Some will be more useful for older children but we have included these as we know many of our children have older siblings. There are also useful links to websites for parents too.

If you would like to talk to someone about your child's well-being, please contact their class teacher and they will be happy to provide any necessary support and advice.

We thank you all for always being so supportive and cooperative and we do truly hope you are all doing well during these uncertain times.

Best wishes and kind regards,

Mrs Z Pavlakos
Deputy Head Teacher

Generic emotional well-being & mental health links

1. <https://www.camhs-resources.co.uk/> Website that has details of books, weblinks, apps, videos and contains resources around emotional / mental health
2. <https://www.healthyyoungmindsinherts.org.uk/parents-and-carers> Healthy Young Minds
3. <https://youngminds.org.uk/> Young Minds – Children and Young people’s mental health charity. Filled with information and have a parents helpline
4. <https://www.mentallyhealthyschools.org.uk/resources/> This is the website developed to support the work of the Princes and their Heads Together campaign.
5. <https://www.themix.org.uk/> The Mix is a young people’s website filled with info and resources on emotional and physical health.
6. <https://www.nhs.uk/conditions/stress-anxiety-depression/> Mood self-assessment and online audio guides

Anxiety

1. <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties—helping-children-to-cope-for-parents-and-carers> For Parents
2. http://cedar.exeter.ac.uk/media/universityofexeter/schoolofpsychology/cedar/documents/liiapt/Managing_Your_Worries.pdf Managing Your Worries CBT guide for young people
3. <https://www.heysigmund.com/anxiety-in-teens/> Anxiety in Teens
4. <https://youngminds.org.uk/find-help/conditions/anxiety/> Young Minds information on anxiety
5. <https://nopanic.org.uk/resources/> Many self-help and other resources looking at anxiety, phobias and panic attacks.

Bereavement

1. Winston’s Wish <https://www.winstonswish.org/> – Young People’s area <https://help2makesense.org/>
2. Child Bereavement UK <https://www.childbereavementuk.org/>
3. Hope Again <https://www.hopeagain.org.uk/> Website for bereaved teens
4. Grief encounters - <https://www.griefencounter.org.uk/>

Parents (Factsheets)

1. <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties—helping-children-to-cope-for-parents-and-carers> Worries & Anxiety
2. <https://www.justtalkherts.org/media/documents/toptipsforparents.pdf>
3. Understanding Childhood (all age ranges) <http://www.understandingchildhood.net/our-leaflets/>
4. <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/> Parents guide to supporting anxiety

Apps for General Wellbeing

CALM

#1 App for Mindfulness and Meditation. (Available on iOS, Android & Web) https://www.calm.com/?gclid=EAlaIQobChMIkrGQ5u3e6wIVB_hRCh2oVqiEEAA_YASAAEgJI4fD_BwE

Breathe2Relax

The relaxation app trains you on the “belly breathing” technique that has proven benefits for your overall mental health. (Available on iOS and Android)

<https://onemindpsyberguide.org/apps/breathe2relax/>

Stress Check by Azumio

This app takes you on a deep breathing exercise to promote calmness and can bring your heart rate down in five minutes. The app provides instant feedback with breath and pulse monitoring and tracks long-term progress. (Available on Android)

<https://www.stress.org.uk/individual-stress-test/>

Happify

The Happify app is a way to make a game of all the positive psychology tricks you know might work. You will start by taking a quick test that assesses the areas of happiness you should work on. Then, you’re presented with a few “tracks” that can help get you to your goals. (Available on iOS and Android)

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