



ASHMOLE

PRIMARY

*An Ashmole Academy Trust School*

Head Teacher: Mr Chris Tofallis

3<sup>rd</sup> February 2021

Dear Parents and Carers,

**Well-being Day**  
**Wednesday 10<sup>th</sup> February**

Firstly, we are all so proud of the children and how they have adapted to changes to their learning, they really are so very resilient! However, we are also very aware that it has been hard for everyone, particularly the children, in regards to learning in this way. As we come to the end of our fifth week of 'online learning', we can appreciate the pressures you, as parents, and your children have felt. We do hope you have found the list of websites and apps (previously sent out) helpful, as well as the grid sent out for Children's Mental Health Week.

To further promote the wellbeing of our children, we have decided to have a '**Wellbeing Day**' on **Wednesday 10<sup>th</sup> February**. On this day, your children can log in as normal to all of their scheduled sessions, but these will not be 'lessons'. Instead, each session will be a fun activity with the focus being on allowing the children to relax a little and have some fun. As the intention of this day is to focus on the wellbeing of the children, if you feel it would be more beneficial for you to spend this day in a different way (for example, spending more time outdoors, baking with your children, movie day etc) we are more than happy for you to do this. The online sessions will not be compulsory on this day. This means that children can choose to attend all four as normal, choose the sessions they would like to attend or spend the whole day off screen doing something they have chosen to do.

Classes will be sending out timetables with activities so the children know what to expect on this day.

Thank you once again for your continued cooperation and support.

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](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\\_hRCh2oVgiEEAA YASAAEgJI4fD\\_BwE](https://www.calm.com/?gclid=EAlaIQobChMIkrGQ5u3e6wIVB_hRCh2oVgiEEAA 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/>