

Pupil well-being

During this time, it is important to support children and young people who are finding these uncertain times a particular challenge. It is understandable that children, young people and adults are feeling increasingly anxious with the world as we know it changing rapidly.

Children and young people will inevitably have questions which we may not be able to answer and they may be experiencing emotions that even we as adults are finding difficult to comprehend.

Whilst it is important to continue to look to the website for websites and activities for young people to complete to support them academically, it is also important to prioritise their wellbeing.

We have compiled some advice and links which could aid you in supporting the wellbeing of children and young people at home. There are also links to organisations which can support young people in understanding more about the corona virus.

- Stay in touch with your family and friends - you can still contact each other over the phone, on social media or through video calls.
- Allow children and young people time to do the things that they enjoy.
- Getting into a daily routine that prioritises looking after yourself. You may find it helpful to plan out your time in advance and know what you are going to do each day, so you have something to look forward to and you can prepare your child or young person for the activities.
- Exercise is known to be helpful to maintain emotional wellbeing as well as physical wellbeing. Youtube has many videos to suit all ages and fitness or try The Body Coach - PE with Joe every Monday to Friday at 9am on Facebook.
- Yoga is also known to improve wellbeing and there are Cosmic Kids Yoga videos on Youtube. There are also Peace Out videos which could help to calm children and young people if they are feeling anxious
- As a parent you may be concerned yourself. Take care of yourself and make sure you have breaks, time to relax, and ask for help from others if you need.
- Children and young people might find keeping up-to-date with new information helps them feel empowered, or they might find it overwhelming. Some people find it helpful to set boundaries with themselves for how often they check the news, or for how long they spend reading about the outbreak. It is also important to remember that not all sources of information will be reliable, and so it is important to get information you are sharing with children and young people from trustworthy sources, such as the NHS.

- Our website has social stories that can be used to help explain the situation clearly to children and young people.
- Place2Be - Guide to helping parents answer questions from their children and to support family wellbeing: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
- Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- Carers UK - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>
- Covibook - an interactive resource designed to support and reassure children, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>
- <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR23zxNlbEumpw4oKIM7Xy3VIKnA25b8Gi53N6YiFIeKB9VxOLQypSPYzzgA>

Your wellbeing as a parent or carer

These are difficult times for everybody and it is important to make sure that we all take care of ourselves to best support those around us.

Coronavirus and your wellbeing, by Mind UK:

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

5 ways to wellbeing, by Mindkit:

<https://www.mindkit.org.uk/5-ways-to-wellbeing/>

Further Support

There may a come time when you, your child or young person need more specific, detailed support to improve your wellbeing during this challenging time period. There are some national organisations that may be able to help. Please do reach out to them and encourage children and young people to too if necessary.

- The Samaritans offer emotional support 24 hours a day - in full confidence. Call 116 123 - it's FREE
- For support in a crisis, Text Shout to 85258.
If you're experiencing a personal crisis, are unable to cope and need support. Shout can help with urgent issues such as: Suicidal thoughts, Abuse or assault, Self-harm, Bullying, Relationship challenges