



Children's Mental Health Week 2021

This week is Children's Mental Health week and there has never been a more important time to talk about mental health. In these challenging times, it is even more important for us to be aware of the strain on ours and our family's mental health. Most people have struggled at one time or another with their own feelings of anxiety, worry, grief and loss, sadness and low self esteem so it's important that we share our experiences so that other people know they are not alone.

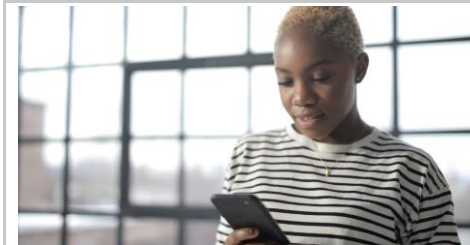
By drawing your attention to some helpful sources of support and ideas, you can feel more confident in addressing mental health with your child. It can be really worrying when we see our children become sad, demotivated and unable to see beyond the here and now so hopefully, you will be able to access some support that will help you to help your child and each other.

[Children's Mental Health Week 2021](#)



[The Honest Guys - Meditations - Relaxation - YouTube](#)

We have some of the best guided #meditation and guided #sleep meditation experiences on the web, with our expanding library of high quality guided imagery, #meditations and #relaxation content. We ...
www.youtube.com



[Shout 85258 - free, 24/7 mental health text support in the UK](#)

Shout 85258 is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support. Text SHOUT to 85258.
giveusashout.org

The SHOUT service is advocated by HRH The Duchess of Cambridge - follow her and SHOUT on Instagram

I also recommend, for some light reading and lots of excellent ideas for keeping happy and busy, Teen Breathe magazine. (The version for adults is Breathe)

[Teen Breathe magazine - Mindfulness & Wellbeing](#)

Online Learning

We are really pleased with the engagement with online learning and the quality of work being submitted. However, we realise that parents are not there to supervise and so we thought it would be helpful if we made the expectations around this clear and to let you know what support systems are in place.

Stick to the timetable - At the moment, students do not have Form Time and will sometimes have a planned Citizenship lesson (CPD) so apart from that, they should follow their timetable and we would strongly recommend they plan their homework in their study periods as they usually would if they were in school.

Keep a routine - This is SO important. a large proportion of students say that they go to bed late and sleep in, sometimes missing lessons or feel very tired during the day. This stops them concentrating as well as they should and leads to confusion and poor habits that they struggle to change.

Engage with lessons - It isn't enough simply to log into the lesson and stay silent. Students are expected to be in front of their screens for the duration of the lesson, to turn on the mic when requested and to participate fully. We find that keeping our expectations as high as usual sets the standard and keeps students feeling engaged and included.]

Reply to emails - A simple request but an important one. Teachers cannot see the students and where they would usually read body language and facial expressions to check a student understands, they now have to rely on students telling them. All Teams lessons have a chat function and students can request explanations at the end of the lesson or get the teacher's attention and are encouraged to do this. When we call students to check how they are, in most cases where there is disengagement, issues with understanding, the student has not made this known. On a personal level, we really appreciate it when students reply and get in touch to tell us how they are - it makes us feel included and that there is someone out there! It can be very lonely on the other side of the screen when it feels like we are talking to ourselves!

Pastoral and Careers Support

The Post 16 administrators, Mrs Cuddy and I are in front of our screens during the usual school hours. We spend our time calling students to see how they are, following up on progress and well-being concerns, checking out technical issues and keeping track of attendance. If a student wants a chat, they can email us and we will call them back, even if we are working from home. We can help with study planning and missed work and we have an overview of every child, as always. There is a lot of support available, just ask!

