

Ref: RV/hw

7 May 2020



Dear Parents

In order to support families who are struggling with the stresses and difficulties of lockdown and the impact that the coronavirus pandemic is having on our lives, we have gathered together information and resources that you might find useful.

Counselling and Resources

Firstly, attached are a number of links to a variety of online and telephone support and resources. These range from national helplines and online counselling services to more local links with general and specific resources for wellbeing.

Stress and Anxiety

It is unsurprising at this time of uncertainty that some people are experiencing stress and anxiety. Weekly wellbeing tips are posted on *Show My Homework*. Many parents participate already, but we would encourage everyone to have a look. Also included are attachments dealing with this subject. *When You Feel Anxious* is a child friendly, one-page prompt sheet, whilst the *Corona Presentation* is a useful informative document, aimed at children and setting out the facts around the coronavirus pandemic and strategies to keep safe and well in a reassuring way. Similarly, in *Coronavirus Advice* the National Youth Agency have presented guidance on everything from financial advice to stress management. Finally, the *Anxiety Workbook*, whilst aimed at our youngest children, contains strategies and advice that could be of benefit to any age group. Additionally, we have links to some useful resources below:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

Bereavement and Loss

There are various websites which have sections directly supporting young people and families with Covid-19 related losses. These are listed below. The *Winston's Wish* and *Young Minds* websites are particularly good for young people to access themselves as they are tailored for them directly. The others offer advice to help families support themselves and their children.

<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx>

<https://www.winstonswish.org/coronavirus/>

<https://www.winstonswish.org/coronavirus-funerals-alternative-goodbyes/>

<https://hospicefoundation.ie/bereavement-2-2/covid19-care-and-inform/supporting-teenagers-to-grieve-under-covid-19-restrictions/>



<https://www.ataloss.org/Pages/FAQs/Category/coronavirus-pandemic>

<http://www.suddendeadth.org/covid-19-bereavement>

https://youngminds.org.uk/find-help/feelings-and-symptoms/grief-and-loss/?gclid=EAAlQobChMI88S-kJ-I6QIVA7TtCh3V-wcTEAMYASAAEgKSsvD_BwE

Finally, please be aware that any pupil who has worked with our school counsellor, Clare, is welcome to contact her directly through her school email address in order to request online or telephone support. It is important to emphasise that this is open to pupils who have worked with the counsellor in the past as well as more recently. The only stipulation is that they contact her using their own school email address. If they need a reminder of their own email address, they can request this from their Year Leaders via *Show My Homework*. Clare's email address is cwilson@btrcc.lancs.sch.uk

Yours sincerely

A handwritten signature in black ink, appearing to read 'R. M. Varey'.

Richard Varey
Headteacher