



31<sup>st</sup> January 2021

Dear parents and carers,

I have updated the parent booklet, previously distributed in the summer and still available on our school website.

As we enter the 5<sup>th</sup> full week of remote learning, and with the current knowledge that schools will not reopen until at least the 8<sup>th</sup> March, a reminder of some of the great resources plus some new ones available may be of help.

As previously, one of my main worries during this time is the well-being for all of our families.

The following information gathers together some resources to help you support you and your child/ren. I hope you find this information helpful. There is probably information that you already know here, and maybe some reminders. The purpose is not to preach but to provide an avenue of support while we are closed. You can choose to dip in and out as you feel you need to.

If you have any concerns about how your child is coping or you need any other support from the school, please let us know by contacting either your child's class teacher (email addresses on our school website), or me directly at [head@henhamugley.essex.sch.uk](mailto:head@henhamugley.essex.sch.uk)

We're extremely grateful for all the support you've shown us as we've continued to adapt to these new circumstances, and I want to reassure you that we are still here to support you too.

With my continued best wishes,

Kim

Kim Hall

Headteacher

## Supporting & Maintaining Emotional Wellbeing & Mental Health

Top tips for staying emotionally healthy:

### 5 ways of wellness:



- **Stick to a active daily routine** (e.g. creating your own daily programme including three meals a day, activity time slots, self-care opportunities and bedtime routine)
- **Do light activity** - stretch and home workouts (e.g. yoga, dance, spring cleaning the house)
- **Keep up hobbies that keep you moving** (e.g. baking, reading, writing, making music, gardening etc)
- **Engage in creative activities** (e.g. art, scrap book making, junk modelling, restoring furniture, create music, redecorating)
- **Keep connected to others** (e.g. phones, email, skype, websites, helplines & online counselling)
- **Keep an active mind** (e.g. learning a new skill, research, brain training games, home learning using such free websites)
- **Try Meditation and relaxation** (e.g. Apps and free YouTube videos such as headspace)
- **Hot desk at home with planned short brain breaks**
- **Plan meals in advance**
- **Do things you enjoy doing** (e.g. watch a boxset, paint your nails, listen to podcasts, reading etc)
- **Keeping hydrated**
- **Self-care opportunities** (Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety)

## **Helplines, websites and apps for children and young people**

If your child would like to speak with someone confidentially, there are helplines and websites specifically for them.

ORGANISATION	CONTACT INFORMATION
<b>NSPCC</b>	helpline 0808 800 5000: <a href="https://www.nspcc.org.uk/what-you-can-do/make-a-donation/kids-in-real-life/">https://www.nspcc.org.uk/what-you-can-do/make-a-donation/kids-in-real-life/</a> (The service includes emotional support)
<b>Shout</b> Free, confidential support via text, available 24/7	Text SHOUT to 85258 in the UK to text with a <a href="#">trained crisis volunteer</a> who'll provide active listening and collaborative problem-solving
<b>The Mix</b> Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem	<ul style="list-style-type: none"><li>• Call 0808 808 4994 for free (11am to 11pm daily)</li><li>• Access the <a href="#">online community</a></li><li>• Email <a href="#">The Mix</a></li></ul>
<b>ChildLine</b> Confidential telephone counselling service for any child with a problem	<ul style="list-style-type: none"><li>• Call 0800 1111 any time for free</li><li>• Have an <a href="#">online chat with a counsellor</a> (9am to midnight daily)</li><li>• Check out the <a href="#">message boards</a></li><li>• <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a></li></ul>
<b>Anxiety UK</b>	<ul style="list-style-type: none"><li>• Advice and helpline by Anxiety UK: <a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a></li></ul>
<b>Action for Happiness:</b> Help for dealing with anxiety in children and adolescents	<ul style="list-style-type: none"><li>• <a href="https://www.actionforhappiness.org/news/dealing-with-adolescent-anxiety">https://www.actionforhappiness.org/news/dealing-with-adolescent-anxiety</a></li></ul>
<b>Kooth.com:</b> Free, safe, and anonymous online support for 11-24 year olds by	<ul style="list-style-type: none"><li>• <a href="https://www.kooth.com/">https://www.kooth.com/</a></li></ul>
<b>Advice &amp; helpline by Beat Eating Disorders:</b>	<ul style="list-style-type: none"><li>• <a href="https://www.beateatingdisorders.org.uk/support-services/helplines">https://www.beateatingdisorders.org.uk/support-services/helplines</a></li></ul>

<p><b>Chat Health</b></p>	<ul style="list-style-type: none"> <li>• <a href="https://essexfamilywellbeing.co.uk/chat-health/">https://essexfamilywellbeing.co.uk/chat-health/</a> Chat to a School Nurse between the hours of 9-5pm Monday to Friday, providing timely and convenient access to confidential health advice for every young person in Essex.</li> </ul>
<p><b>N.O.Ws The Time for Change</b></p>	<ul style="list-style-type: none"> <li>• <a href="https://www.nowsthetimeforchange.com/">https://www.nowsthetimeforchange.com/</a> NOW is the time for change uses coaching methods combined with alternative therapies to improve wellbeing.</li> </ul>
<p><b>Headspace</b></p>	<ul style="list-style-type: none"> <li>• Mindfulness explained and activities by Headspace for Kids: <a href="https://www.youtube.com/channel/UC3JhfsgFPLSLNEROQCdj-GQ">https://www.youtube.com/channel/UC3JhfsgFPLSLNEROQCdj-GQ</a></li> </ul>
<p><b>Young minds</b></p>	<ul style="list-style-type: none"> <li>• what to do if you are anxious about coronavirus: <a href="https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/">https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/</a></li> </ul>
<p><b>Anna Freud</b></p>	<ul style="list-style-type: none"> <li>• We all have mental health by Anna Freud: <a href="https://www.youtube.com/watch?v=DxIDKZHW3-E">https://www.youtube.com/watch?v=DxIDKZHW3-E</a></li> <li>• <a href="https://www.annafreud.org/on-my-mind/">https://www.annafreud.org/on-my-mind/</a></li> </ul>
<p><b>Back to School</b></p>	<ul style="list-style-type: none"> <li>• Book: Back to School, a story about returning to school. Free to download: <a href="https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Back-to-school-after-Coronavirus-1.pdf">https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Back-to-school-after-Coronavirus-1.pdf</a></li> <li>•</li> </ul>
<p><b>NHS approved mental health apps list:</b></p>	<ul style="list-style-type: none"> <li>• <a href="https://www.nhs.uk/apps-library/filter/?categories=Mental%20health">https://www.nhs.uk/apps-library/filter/?categories=Mental%20health</a></li> </ul>
<p><b>Book:</b> Back to School</p>	<ul style="list-style-type: none"> <li>• Back to School, a story about returning to school. Free to download: <a href="https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Back-to-school-after-Coronavirus-1.pdf">https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Back-to-school-after-Coronavirus-1.pdf</a></li> </ul>

## Where to find learning resources online

There's plenty of support for parents online for everything from tools for home learning to PE. Here are just a few examples, there are more to be found on our website:

<https://henhamugley.essex.sch.uk/online-learning-website-links/>

ORGANISATION	CONTACT INFORMATION
<b>Oak Academy</b> Online resources for all ages and all areas of the curriculum	Website: <a href="https://www.thenational.academy/">https://www.thenational.academy/</a>
<b>BBC Bitesize</b> Online daily lessons and resources f	Website: <a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>
<b>GoNoodle</b> Movement and mindfulness videos for primary children	Website: <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>
<b>STEM.org.uk</b> Free home learning resources for all ages in science, technology, engineering and maths	Website: <a href="https://www.stem.org.uk/home-learning">https://www.stem.org.uk/home-learning</a>
<b>Twinkl</b> This popular site for teachers is offering free daily activities for home learning	Website: <a href="https://www.twinkl.co.uk/home-learning-hub">https://www.twinkl.co.uk/home-learning-hub</a>
<b>English National Ballet</b> Free ballet classes streamed daily	Website: <a href="https://www.youtube.com/user/enballet">https://www.youtube.com/user/enballet</a>
<b>Helpful information and activities from the PSHE association</b>	<a href="https://www.pshe-association.org.uk/content/coronavirus-hub">https://www.pshe-association.org.uk/content/coronavirus-hub</a>
<b>Activities you can do at home</b>	<a href="https://www.fsc-uk.org/en-uk/get-involved/teachers/education">https://www.fsc-uk.org/en-uk/get-involved/teachers/education</a>
<b>For a more comprehensive list, please take a look at our website page:</b>	<a href="https://henhamugley.essex.sch.uk/online-learning-website-links/">https://henhamugley.essex.sch.uk/online-learning-website-links/</a>
<b>Phonics Play</b>	<a href="https://www.phonicsplay.co.uk/">https://www.phonicsplay.co.uk/</a>

## Where to turn to for help

It's okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support. Plus of course, you can get in touch with me directly at [head@henhamugley.essex.sch.uk](mailto:head@henhamugley.essex.sch.uk) or your child's class teacher for any resources, support or advice.

### Mental health

ORGANISATION	CONTACT INFORMATION
<b>Mental Health Foundation</b> Provides information and support for anyone with mental health problems or learning disabilities	Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
<b>Mind</b> A mental health charity	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>
<b>Samaritans</b> Confidential support for people experiencing feelings of distress or despair	Phone: 116 123 (free 24-hour helpline) Website: <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>
<b>SANE</b> Emotional support, information and guidance for people affected by mental illness, their families and carers	Website: <a href="http://www.sane.org.uk/support">www.sane.org.uk/support</a>
<b>Cruse Bereavement Care</b> Support for grief and bereavement	Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>

### Domestic violence

ORGANISATION	CONTACT INFORMATION
<b>NSPCC</b> Child protection charity	Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline) 0800 1111 for children (ChildLine's 24-hour helpline) Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
<b>Refuge</b> Advice on dealing with domestic violence	Phone: 0808 2000 247 (24-hour helpline) Website: <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>

## Community support

ORGANISATION	CONTACT INFORMATION
School nurse team	0300 247 0122
COVID-19 Mutual Aid - Bishops Stortford Website: <a href="https://www.facebook.com/groups/196866378305274">www.facebook.com/groups/196866378305274</a>	Those in the community wanting to offer help, those needing help and anyone wanting to support the local community.
Uttlesford Food Bank	Tel: 07531 436335 Email: <a href="mailto:info@uttlesford.foodbank.org.uk">info@uttlesford.foodbank.org.uk</a> Website: <a href="http://www.uttlesford.foodbank.org.uk">www.uttlesford.foodbank.org.uk</a> Address: Stansted House, 9 Shire Hall, Saffron Walden CB11 3AQ
Uttlesford CVS Website: <a href="http://www.cvsu.org.uk">www.cvsu.org.uk</a> Tel: 03333 408218	To receive or offer help in the community during the current COVID-19 outbreak call us on 03333 408218
Getting Help in Essex	<a href="https://www.essex-gethelp.uk/">https://www.essex-gethelp.uk/</a> Find support groups, local services and resources to help you cope during the coronavirus (COVID-19) pandemic

## Parent / family Support

ORGANISATION	CONTACT INFORMATION
Samaritans	helpline 116 123: <a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
Give Us a Shout / Anna Freud Centre:	<ul style="list-style-type: none"> <li>Text support if you are feeling overwhelmed or struggling to cope: Text AFC to 85258, provided by Give Us a Shout / Anna Freud Centre: <a href="https://www.giveusashout.org/about-shout/">https://www.giveusashout.org/about-shout/</a>. Free posters to display the number: <a href="https://giveusashout.org/share-number/">https://giveusashout.org/share-number/</a></li> </ul>
Families in Action:	<ul style="list-style-type: none"> <li>Family support helpline by Families in Action: <a href="https://www.family-action.org.uk/what-we-do/children-families/family-support-services/">https://www.family-action.org.uk/what-we-do/children-families/family-support-services/</a></li> </ul>
Supportline	<ul style="list-style-type: none"> <li>Helpline by Supportline (any age): <a href="https://www.supportline.org.uk/about/aims-of-service/">https://www.supportline.org.uk/about/aims-of-service/</a></li> </ul>
Young Minds	<ul style="list-style-type: none"> <li>Parent helpline by Young Minds: <a href="https://youngminds.org.uk/find-help/for-parents/">https://youngminds.org.uk/find-help/for-parents/</a></li> </ul>

ORGANISATION	CONTACT INFORMATION
<b>Mental health explained by the organisation Mind:</b>	<ul style="list-style-type: none"> <li>• <a href="https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/support-services/">https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/support-services/</a></li> </ul>
<b>Family Lives</b>	<ul style="list-style-type: none"> <li>• Parent confidential helpline by Family Lives: <a href="https://www.familylives.org.uk/">https://www.familylives.org.uk/</a></li> </ul>
<b>N.O.Ws The Time for Change</b>	<ul style="list-style-type: none"> <li>• <a href="https://www.nowsthetimeforchange.com/">https://www.nowsthetimeforchange.com/</a> NOW is the time for change uses coaching methods combined with alternative therapies to improve wellbeing.</li> </ul>
<b>Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19):</b>	<ul style="list-style-type: none"> <li>• <a href="https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19">https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19</a></li> </ul>
<b>Mind, coronavirus and your wellbeing to support quarantine/self-isolation:</b>	<ul style="list-style-type: none"> <li>• <a href="https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</a></li> </ul>
<b>NHS: Supporting children and young peoples' mental health advice:</b>	<ul style="list-style-type: none"> <li>• <a href="https://www.nhs.uk/conditions/stress-anxiety-depression/">https://www.nhs.uk/conditions/stress-anxiety-depression/</a></li> </ul>
<b>NSPCC; Mental health and parenting:</b>	<ul style="list-style-type: none"> <li>• <a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/</a></li> </ul>
<b>Practical help and tips from us which may help you if you are newly bereaved under any circumstance</b>	<ul style="list-style-type: none"> <li>• including a UK map to find your nearest support organisation: <a href="https://www.thegoodgrieftrust.org/">https://www.thegoodgrieftrust.org/</a></li> </ul>
<b>The app by Action for Happiness</b>	<ul style="list-style-type: none"> <li>• The app by Action for Happiness is like having a little personal action coach in your pocket who; Gives you friendly 'nudges' with an action idea each day; sends you inspiring messages to give you a boost and; helps you connect &amp; share ideas with like-minded people: <a href="https://www.actionforhappiness.org/app">https://www.actionforhappiness.org/app</a></li> </ul>
<b>For your mind health get 'your mind plan' quiz, get 'your physical health quiz', plus NHS endorsed Apps</b>	<ul style="list-style-type: none"> <li>• <a href="#">NHS Get your mind plan</a></li> </ul>
<b>Home Start</b>	<ul style="list-style-type: none"> <li>• Activities for families whilst in self-isolation by Home Start: <a href="https://www.home-start.org.uk/news/activities-for-families-during-self-isolation">https://www.home-start.org.uk/news/activities-for-families-during-self-isolation</a></li> </ul>



ORGANISATION	CONTACT INFORMATION
NHS mental wellbeing audio guides	<ul style="list-style-type: none"> <li><a href="https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/">https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/</a></li> </ul>
Mental Health Foundation Podcasts	<ul style="list-style-type: none"> <li><a href="https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing">https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing</a></li> </ul>
Obsessional Compulsive Disorder - OCD UK	<ul style="list-style-type: none"> <li><a href="https://www.ocduk.org/">https://www.ocduk.org/</a></li> </ul>

## How to make home learning work for your family

We're realistic about what pupils will be able to do during this period, and we want you to be too.

You're not expected to be teachers and your children aren't expected to learn as they do in school. Simply providing them with some structure at home will help them to adapt.

The following tips are designed to help you create a positive learning environment at home. See what works best for your household.

- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas! – harder said than done I know!
- **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership
- **Check in with your children and try to keep to the timetable, but be flexible.** If a task/activity is going well or they want more time, let it extend where possible
- If you have more than 1 child at home, **consider combining their timetables.** For example, they might exercise and do maths together – see what works for your household
- **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over
- **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
- **Take stock at the end of each week.** What's working and what isn't? Ask your children, involve them too
- **Distinguish between weekdays and weekends**, to separate school life and home life
- **Give them chores** to do so they feel more responsible about the daily routine at home
- Ask them to **help you cook** and bake
- Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits

*Please don't worry about your children getting behind with learning. Everyone's in the same boat, and when things get back to normal we'll make sure we get everyone back on track.*