

Dear Parent/Carer,

I hope that you and your family members are all well and are now settling into a new weekday routine at home. I know that all learning packs have been sent home and many of you have already spoken to class teachers or another member of staff last week. These phone calls will continue weekly and we hope that they are of some use to you. In order to support you further to protect the mental health of your child I would like to take this opportunity to share some support information and useful hints/tips.

Pastoral Support

Although students are not attending school physically we do still have our pastoral support available for families who need advice or may be struggling. Our team are on call every day during schools hours and we are happy to talk to you to discuss any concerns that you may have.

If you would like a call from someone please email adminoffice@peelcommon-jun.hants.sch.uk or call the school office and someone will get back to you as soon as they are able to. If we are unable to support you immediately then we will signpost the correct support/service matched to your needs.

If your concerns are of an urgent nature and it is outside of school hours then you will be able to find help and support here:

Useful Telephone Numbers	Useful Website
The Samaritans 116 123	www.YoungMinds.org.uk
NHS 111	www.nhs.uk
Gosport Voluntary Action 02392 583836	www.gva.org.uk/coronavirus/local-updates
	www.nhs.uk/oneyou/every-mind-matters

Hints and Tips

- It won't be possible to replicate a full school timetable for a variety of reasons. If your child is struggling to keep up with the volume of work set please do not worry about this and just do the best you can.
- Stress and anxiety are normal responses to this unpredictable situation. Young people may show an increase in stress without being able to say why. Reduce access to news so that they can switch off and provide lots of reassurance. Keep them updated on the situation so that they do not have to 'wonder' but be mindful of how to safely discuss it and if you yourself need advice on that please don't hesitate to call.
- Friendships are a key resiliency factor for young people. Help them to maintain some healthy contact with their friends where this is appropriate. This doesn't have to be done via social media, they could write a letter and post it on their daily exercise walk. It is important to be mindful of the risks of social media and monitor this use. E Safety support for parents can be found at www.thinkuknow.co.uk or www.internetmatters.org

- A consistent routine/ plan helps young people to feel secure about the plans for the day. It is often useful to involve children in creating this, so that they feel part of the plan. You could display a routine using a timeline, or maybe pictures and visuals. It is important to encourage children to develop independence by referring to their own routine/plan.
* [Printable Visual Timetables](#), when typed into google, allows you to access a range of different visual timetable resources that you/they may find useful.
- Life skills are an important part of a child’s development and this time at home could provide a great opportunity for your child to spend time with family members, sharing the workload and learning valuable life skills. The following is a list of suggestions; it is useful to note that almost any activity that you engage in with your children can incorporate life skills work.

Life Skill	Activity
Communication	Lots of conversations Reminding them to take turns Reminding them to listen to other people’s contribution and responding directly about that
Decision Making	Create their own visual timetable that includes all of the essential elements of the day
Creative Thinking	Story Telling, Art and Crafts, Maths word problems, story writing
Problem Solving	Can be done at any time when there is a task or chore that needs to be thought through. Simply talking through the problem and creating a solution together will give the young person a system or process that they know they are able to use.
Coping with Stress/exercise	Relaxation techniques, exercise PE with Joe (Daily at 9:00am on You Tube) Keep Active tips www.nhs.uk/live-well/exercise/10-minute-workouts/
Cooking	Baking, helping to prepare meals, understanding what makes a healthy menu, creating meals from basic store cupboard ingredients
Shopping	Writing shopping lists, online shopping
Planning	Creating a calendar, routine, plan, schedule, planning a menu for the week
Housekeeping	Cleaning rota, helping with jobs around the house

The following General Wellbeing Apps may also be of use

- **Headspace for Kids** (Available on iOS & Android)
App for meditation, breathing exercises and mindfulness
- **CALM** (Available on iOS, Android & Web)
App for Mindfulness and Meditation. (Available on iOS, Android & Web)
- **Plant Nanny**
App gives children the opportunity to grow their own plant while getting them into the habit of drinking water regularly to stay healthy
- **GoNoodle Kids** (Available on iOS & Android)
Encourages children to get up and get moving with dance videos, yoga mindfulness
- **Focus on the go!** (Available on iOS & Android)
Family based games to practice understanding & communicating their feelings and to develop skills to calm down in tricky situations.
- **Breathe2Relax** (Available on iOS and Android)

The relaxation app trains you on the “belly breathing” technique that has proven benefits for your overall mental health.

- **Breethe** (Available on iOS and Android)
A relaxation app consisting of mindfulness and meditation guided sessions.
- **Smiling Mind** (Available on iOS and Android)
Trying to incorporate mindfulness into your daily life? This app can help you launch into a regular practice of mindfulness meditations.
- **Worry Watch** (Available on iOS)
This journaling tool has a simple user interface where users can log instances of worry, fear, and anxiety. They can also add the outcome of each situation, which provides a comparison between expectation and reality that helps reduce anxiety over time.
- **WELLMIND** (Available on iOS and Android)
WellMind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing
- **Sandbox** (Available on iOS and Android)
A colour by numbers app to help reduce anxiety and keep focus.

Online safety

As children are working online we would just like to bring to your attention some valuable links to help you as parents ensure your child's safety while online. If you or your child should have any concerns, please do let us know or access these groups for support

- [Childline](#) - for support
- [UK Safer Internet Centre](#) - to report and remove harmful online content
- [CEOP](#) - for advice on making a report about online abuse

If you choose to supplement the school online offer with support from online companies or tutors then please make sure they are from a reputable organisation/individual who can provide evidence that they are safe and can be trusted to have access to children.

Further advice and support can be sought from any of the places listed below.

- [Internet matters](#) - for support for parents and carers to keep their children safe online
- [London Grid for Learning](#) - for support for parents and carers to keep their children safe online
- [Net-aware](#) - for support for parents and careers from the NSPCC
- [Parent info](#) - for support for parents and carers to keep their children safe online
- [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online
- [UK Safer Internet Centre](#) - advice for parents and carers

Finally, please remember that we are available for any questions, queries or concerns.

Stay safe and we hope to see you all soon.

Sarah Alden
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