



TIBBERTON CE FIRST SCHOOL HINDLIP CE FIRST SCHOOL

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Dear Parents and Carers,

RE: Wellbeing and Mental Health

Over the last two years we have all faced, adults and children, a great deal of stress and pressure in our lives. We have all done our best to navigate the ongoing pandemic but there is no question that it has been difficult to look after all of our mental health and wellbeing needs.

As a school federation we continue to do our best to serve our communities with **Grace**, so it is vital that we continue to support mental health and wellbeing in our schools. Childrens' wellbeing and mental health is vital to their ability to learn and achieve the very best outcomes in life: socially; emotionally and academically.

First and foremost, we would like to remind you that we have an open door policy. If you have any problems we might be able to help with at school then please come and speak to us. Life has highs and lows: Stress at work; breakdown of relationships; financial difficulties; bereavement; job insecurity; poor health; unkindness from others etc. We really are here to help if you are facing difficulties and we will work with you to find the support that you need.

Please take a look on our websites at our Early Help offer, under the parents tab. Early Help means providing support as soon as a problem emerges, at any point in a child's life, from the foundation years through to teenage years. Our schools work in partnership with our families and a range of wider services. We know that by us all working together and helping families access the right help and support, at the right time and at the earliest opportunity, we can support children and young people in meeting their full potential.

Our curriculum is designed to support wellbeing and mental health. Safeguarding is at the heart of all we do. Our PSHE and RSE sessions foster pupils resilience and social and emotional development. Our Science curriculum promotes staying healthy and looking after ourselves. Our curriculum drivers, which run through all our topics, promote advocacy, diversity, Christian values, staying safe and an awareness of the environment and our place in the world (please see our website curriculum pages for more information). Alongside this the opportunities for leadership, such as School Council, grow the pupils self-confidence and pupil voice.

Mr Uren and I are currently undergoing Senior Mental Health Lead training so that we can continue working with Mrs Jordan, who has completed this training in the past, to do our very best to support the wellbeing of our school communities. As part of this training some excellent resources have been signposted that we would like to share with you.

Useful resources:



<https://www.youngminds.org.uk/>



Young Minds is a mental health charity which supports young people, parents and professionals working with children, with their mental health. Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, they can help.



90 mental health services

[Read more about our services](#)



140+ Local peer support groups

[Read more about our groups](#)



Find peer support online

[Visit the Clie website](#)

A-Z Advice topic List

Don't know where to start? Our A-Z list of topics can help you find the page you are looking for.

Our mission is to deliver a better life for people severely affected by mental illness. Our network of groups, services and advice lines are on hand to get you the support you need. Use your postcode to search your area.

e.g. WH2C 7AU

Search

<https://www.rethink.org/>

Rethink are a fantastic source of information regarding mental health conditions or local sources of support if you are struggling.



24/7

You can text us any time, day or night.



Confidential

Your messages with us are confidential and anonymous.



Free

It is free to text Shout 85258 from all major mobile networks in the UK.

<https://giveusashout.org/get-help/>

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. They have had more than 1,000,000 conversations with people who are anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support. As a digital service, Shout 85258 has become increasingly critical since Covid-19, being one of the few mental health support services able to operate as normal at this time.

If you are struggling to cope and need to talk, trained Shout Volunteers are there for you, day or night. Simply text 'SHOUT' to 85258. This is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.



We offer a variety of anonymous support options to meet your needs

Online messaging

Our messaging feature allows you to reach out directly to a professional. We also use messages to connect with someone who may need additional support.

Booked and drop-in chat

Our online chat functionality allows you to receive professional support through booked or drop-in sessions as and when you need it.

Therapeutic content

We have over 100,000 pieces of therapeutic content created by our online community and professional content team.

Community support

Our peer to peer forums are moderated to maximise safety and allow people to discuss issues together in a facilitated environment.

Personal development tools

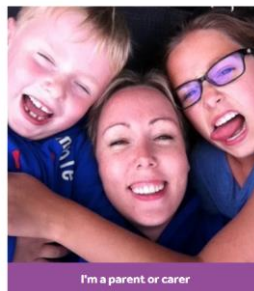
Our suite of self help tools offer the ability to create journals, track your mood and set goals.

All safe and anonymous

Qwell is an anonymous site which helps people to feel safe and confident in exploring their concerns and seeking professional support.

[Home - Qwell](#) - Qwell is a free, safe and anonymous mental wellbeing support for adults across the UK.

We're transforming mental health by working with infants, children, young people and their families, their communities and professionals to deliver timely evidence-based support for all.



<https://www.annafreud.org/>

Anna Freud National Centre for Children and Families is a mental health charity for children and their families full of lots of useful information. This includes the Youth Wellbeing Directory. [Youth Wellbeing Directory \(annafreud.org\)](#)



Youth Wellbeing Directory

Whether you're a young person, looking for help for yourself or someone you know, or whether you're a teacher trying to help a student find support, the Youth Wellbeing Directory provides a list of free local and national organisations for anyone up to the age of 25, along with important information you may find helpful.



Sign in

Bitesize

[Parents' Toolkit - BBC Bitesize](#)

BBC Bitesize - Top tips, expert advice and fun activities to help you support your child's wellbeing and learning in a changing world.

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I hope that this information is useful to you.

Warm regards,

Mr Gromski
Executive Headteacher