



Thursday 28th May 2020

Dear Parents/Carers,

I hope that you and your family are keeping safe and well in this unprecedented time. I am very much looking forward to working with you all again and meeting you all in person, when it is safe to do so.

As we begin to welcome some of our children back into school, it can be an anxious and worrying time for everyone. As we all encounter new situations, and adapt to new routines, we may experience different emotions. Below are some links to resources, that you may wish to use to help support your child, to lesson feelings of anxiety and to improve their wellbeing. There are tips, practical activities and videos to help support you. Children can also access resources to support their wellbeing, via the wellbeing section on our school website.

Relaxation and mindfulness videos- each around 2 minutes long for children/young people, parents/carers or professionals: <https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/helping-you-help-yourself>

Coronavirus support page- with new videos to support children/young people, parents/carers and teachers during COVID-19: <https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/coronavirus-informationresource-hub>

British Psychological Society (BPS) - advice on dealing with school closures and talking to children about COVID-19. <https://www.bps.org.uk/news-and-policy/bps-offers-advice-schools-parents-and-carers-help-children-through-uncertainty>

Children's Commissioner - a downloadable guide for children about coronavirus. <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

Anna Freud National Centre for Children and Families- wellbeing advice for all those supporting children and young people. <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Family Lives: Family Lives offers a confidential and free* helpline service for families in England and Wales (previously known as Parentline). Their helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday. 0808 800 2222 <https://www.familylives.org.uk/how-we-can-help/confidential-helpline/>

Young Minds: Parent Helpline is available to offer advice to parents and carers worried about a child or young person under 25. Trained advisors can answer questions about a child's behaviour, emotional wellbeing, or mental health condition. 0808 802 5544. <https://youngminds.org.uk/find-help/for-parents/parents-helpline/#parents-helpline>

Family Line: 0808 802 6666 www.family-action.org.uk/familyline

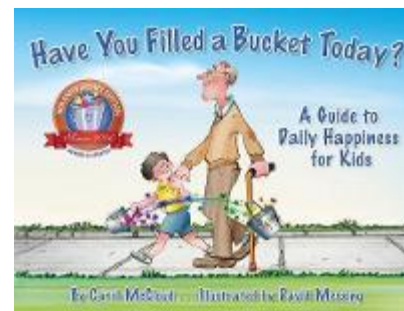
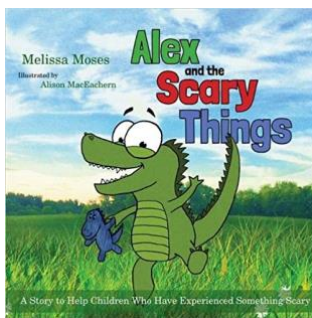
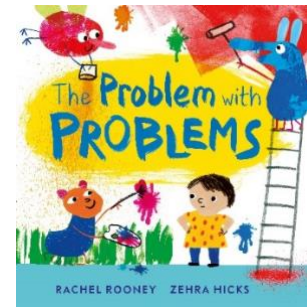
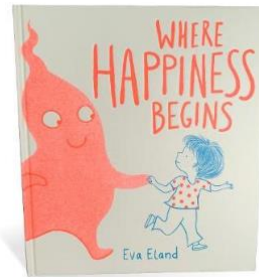
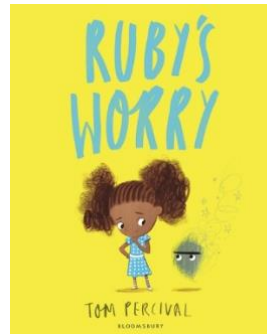
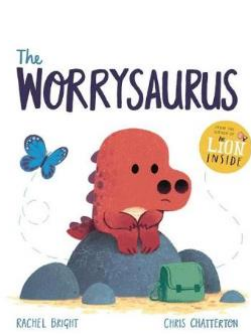
NSPCC: 0808 800 5000 www.nspcc.org.uk

Samaritans: 116 123 www.samaritans.org

Mental Health Support Network in Lincolnshire: <http://www.lincsshine.co.uk/>



Books can be a brilliant way of talking to children about their feelings. You may find the following books helpful.



You may also wish to watch the latest workshop created by Healthy Minds Lincolnshire. This workshop is designed to support parent/carers learn new strategies to understand and support their child presenting with anxiety and additional needs. Please see the link for the workshop below. Once on the page, scroll down to online workshop for parents/carers and open this tab to find the workshop. There is a workbook to use alongside this workshop which is available to download below it.

Parent/carer workshop: <https://www.lpft.nhs.uk/young-people/lincolnshire/parents-and-carers/support-services/healthy-minds-lincolnshire>

If you have any concerns or questions, then please don't hesitate to contact me. My email address is sophie.waters@grimoldby.lincs.sch.uk

Best wishes,

Mrs Sophie Waters
(SENDCo)