





1 April 2020

Dear Parent/Carer

Mental Health and Well-Being

I hope that you and your family members are well and settling into a new weekday routine at home. As we look forward to the next few weeks, it is important that we acknowledge the effects this uncertainty can have on our children's well-being. Regardless of their age, this may be a difficult time for children; during this time it is therefore important to take care of your family's mental health. To support you with this, we are providing a 'Well-being Pack' to work through with your child or family. I hope that this will give you and your child the opportunity to discuss how they are feeling about the current situation and look for the positives during this challenging time.

There are some key points to consider when supporting your child's mental health throughout the time our Academy is closed:

-  Children may feel less anxious if they are able to express and communicate their feelings in a safe and supportive environment. Children who communicate differently to their peers may rely on you to interpret their feelings. Listen to them, acknowledge their concerns, and give them extra love and attention if they need it.
-  Provide clear information about the situation. All children and young people want to feel that their parents and caregivers can keep them safe. The best way to achieve this is by talking openly about what is happening and providing honest answers to any questions they have. Explain what is being done to keep them and their loved ones safe, including any actions they can take to help, such as washing their hands regularly. Use words and explanations that they can understand and make sure you use reliable sources of information such as the GOV.UK or NHS website – there is a lot of misleading information from other sources that will create stress for you and your family.
-  Create a new routine. Life is changing for all of us for a while. Routine gives children and young people an increased feeling of safety in the context of uncertainty, so think about how to develop a new routine, especially while they are not at school.
-  As well as thinking of the children, it is important to take care of your own mental health and well-being. Children react, in part, to what they see from the adults around them. When parents/carers deal with a situation calmly and confidently, they can provide the best support for their children. If you would benefit from further advice on looking after your mental health, please visit:

<https://www.nhs.uk/oneyou/every-mind-matters/>

As you will be aware, staff from the Academy are contacting families each week to ensure that you and your children are safe and well during these uncertain and worrying times. We

are trying to ensure that you feel supported and your children have contact with a staff member at least once a week whilst the Academy is closed. If you have any concerns about your child's mental health and well-being, please discuss this with the teacher or member of staff you are in contact with and we will do our best to support you with this. You are always more than welcome to make contact with Glyn Rushton by telephone on 07909 257772 or via email at glynrushton@woodnewtonalc.com

I wish you and your families well, please adhere to the current Government guidelines and #StayatHomeSavesLives so that we can beat this virus and welcome everyone back into the Academy as soon as possible.

Stay safe and well.

Yours sincerely

Jade Matthes

Interim SENCo