

1 February 2021

Dear parent / carer,

We hope that you and your loved ones are safe and well. As online learning continues, we have been using the family and student surveys along with staff feedback to look at how our provision can be adapted to meet the needs of our community. We want to commend the hard work that our learners and their families have demonstrated through this period, but recognise that there have been numerous challenges along the way with some of our students beginning to feel overwhelmed.

It is understandable that some people will be feeling anxious, and there may be increased levels of loneliness. Some people may also be having difficulty sleeping, as both adults and young people all encounter new situations and may experience new emotions. We are fully aware that families are working hard to learn strategies to cope with these difficult feelings and to support each other.

Thanks to our investment and planning as a school we have the technology to support the delivery of online learning along with maintaining contact with both our students and families as much as possible in this difficult time. However, we acknowledge that with the time required for online learning, your child's screen time has increased. With this in mind, our intention on **Tuesday 2nd February** is to suspend the timetable for one school day and instead replace it with health and wellbeing activities shared for each year by the Director of Learning via Google Classroom. There will be no subject lessons through the day and no subject work set online for this day. The time through this day will instead be directed towards activities that encourage the students to step away from their screens and aim to help to support their wellbeing.

During this day the form tutors will have a 10 minute appointment with each of their tutees on a 1-2-1 basis to check in with them, to discuss how they are and if any further help is needed to support them. We will be using a Google Meet link in the online classroom for the form group that every student has access to to facilitate this meeting. This will be provided to your son/daughter in advance of the day.

As always, please remember that if you would like support with either online learning or wellbeing for your son/daughter, please contact the school using the appropriate contact from our webpage (<http://johnbright.uk/contact-us/>).

At the end of this letter are some links to resources to use with your children, or to use yourself, to lessen feelings of anxiety and to improve wellbeing. There are tips, practical activities and videos to help support you. We are keen to support our community as much as we possibly can, and please be assured that we are fully focused on maintaining the wellbeing of our students and families in this difficult time. Your continued support is much appreciated by everyone at Ysgol John Bright.

Yours faithfully,

Mrs Ann Webb
Headteacher/Pennaeth

Resources for young people to support them with anxiety

- <https://www.savethechildren.org.uk/what-we-do/coronavirus/resources/learning-at-home/relaxation-exercises-to-do-at-home-with-your-kids> - Relaxation activities for young people
- <http://www.moodcafe.co.uk/media/26930/Relaxleaflet.pdf> – Guided relaxation
- <https://www.mentallyhealthyschools.org.uk/media/2013/self-care-kit-covid-19.pdf> – self care kit
- <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/> - advice on depression, anxiety and mental health
- <https://www.elsa-support.co.uk/coronavirus-14-day-self-isolation-activities/> - a 14 day calendar of activities
- <https://teammentalhealth.co.uk/wp-content/uploads/2020/03/The-complete-6-week-Wellbeing-Through-Sport-Activity-Programme.pdf> – wellbeing through sport activity programme
- <https://www.mentallyhealthyschools.org.uk/media/2005/sentence-starters.pdf> – sentence starters to help young people talk about how they are feeling

Resources for adults to support their children and themselves with anxiety

<https://www.annafreud.org/media/11465/helping-cyp-manage-anxiety-apr2020-v3.pdf> – resource for adults to help young people to manage anxiety

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide> - a self help guide for adults to work through anxieties

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/> - helping your child with anxiety

Support with mental health

<https://www.mind.org.uk/information-support/> - hub website for support around mental health issues

<https://www.mind.org.uk/information-support/coronavirus/> - support page for mental health issues and coronavirus

Sleep

<https://www.evelinalondon.nhs.uk/our-services/hospital/sleep-medicine-department/coronavirus-sleep-tips.aspx> - sleep tips for families

<https://www.sleepscotland.org/support/gateway-to-good-sleep/how-to-get-a-good-nights-sleep/> - advice on how to get a good night's sleep

<https://www.adhdfoundation.org.uk/wp-content/uploads/2017/05/Good-Sleep-Hygiene-Checklist.pdf> - checklist for how to get a good night's sleep

Online safety guidance

<https://www.thinkuknow.co.uk/> - advice about staying safe when you're on a phone, tablet or computer.

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/#cyberbullying> - help to support with any online bullying issues

<https://www.net-aware.org.uk/networks/?page=2&order=title> - review of the most popular apps, games and social media sites used by children to guide their use.

Other helpful links

<https://www.mentallyhealthyschools.org.uk/media/2028/brain-breaks.pdf> - can be used to break up periods of concentration

<https://www.partnershipforchildren.org.uk/uploads/Files/PDFs/Resilience%20Activities/Creating%20a%20Routine.pdf> – creating a routine

<https://www.childline.org.uk/toolbox/> - activities to encourage young people to talk

<https://youngminds.org.uk/starting-a-conversation-with-your-child/activities-and-conversation-starters-during-the-coronavirus-pandemic/> - conversation starters about coronavirus