



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...

WILLIAM HARDING SCHOOL

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07 January 2021

Re Tips for Parents

I hope you're all staying safe and well!

As we move into a further lockdown, it is inevitable that our routines will be disrupted and our freedom restricted, it is understandable that some adults and young people will be feeling anxious with increased levels of loneliness and difficulty sleeping.

It is important for the school and for me as the school counsellor to let you know that you're not alone. To learn strategies to cope with these difficult feelings and to support this are links (below) to resources to use with your children, or to use yourself, to ease the feelings of anxiety and to improve the wellbeing of yourself and your child.

I will be contacting the children I support by phone and although it is not as effective as my 1-1 weekly sessions with your children, it reassures them their school is supporting them during this time.

As always, if you're struggling, please phone call/email me via the school office or email via the school office to our pastoral team, also please look at our website at the many links that we're constantly updating.

Yours faithfully

Mrs Sarah Pacelli

School counsellor

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.



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
- <https://www.mentallyhealthyschools.org.uk/media/2001/emotion-wheel.pdf> – Emotional wheel to help children of all ages to talk about their feelings
- <http://www.moodcafe.co.uk/media/26930/Relaxleaflet.pdf> – Guided relaxation
- <https://www.mentallyhealthyschools.org.uk/media/2003/emotional-check-in.pdf> – Emotional check in
- <https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm> – techniques to help younger children to keep calm
- <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.mentallyhealthyschools.org.uk/media/2022/anxiety-thermometer.pdf> – anxiety thermometer
- <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://www.facebook.com/AFNCCF/videos/556309118348880/> - videos to help children and young people deal with anxiety
- <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/> - helping your child with anxiety

Loneliness

- <https://www.actionforchildren.org.uk/how-to-help/support-our-campaigns/jo-cox-commission-on-loneliness/tips-for-parents/> - tips if your child is lonely

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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/>
- <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/#cyberbullying>
- <https://www.net-aware.org.uk/networks/?page=2&order=title>

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 starts about coronavirus

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