



Nether Stowe School

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Dear Parent / Carer,

As a school, we consistently work to promote and enhance positive mental health and wellbeing for all our students, and indeed our wider school community, and we hope you find the following information helpful.

Mental health and wellbeing

Good mental health and the emotional wellbeing of children and young people is just as important as their physical health. Good mental health allows them to develop the resilience to cope with whatever life throws at them and provides the capacity to learn, enjoy friendships, to meet challenges, to develop talents and capabilities and grow into well-rounded, healthy adults. Mental health is therefore fundamental to improving overall wellbeing and the ability to lead a healthy and happy life.

What impacts mental health and wellbeing in young people?

- Too much screen time and social media
- Exam stress and workload
- Relationships – at school and at home
- Pressure
- Worries and anxiety
- Illness and bereavement
- Covid-19 and its uncertainties
- Disruption to routines

What can you do to support your child's mental health and wellbeing?

This year has been extra stressful. With so much uncertainty, it is entirely normal for your child to be finding things difficult, and for you to be unsure how best to look after their mental health and wellbeing, as well as your own. One of the most important ways you can help your child is to listen to them about their feelings.

Other ways include:

- Work together to solve problems
- Suggest regular breaks from social media
- Encourage other hobbies or interests e.g. yoga and mindfulness (lots of online resources available)
- Have fun! - Provide lots of light relief at home e.g. playing board games, outdoors activities, creative activities
- Encourage independence – e.g. be positive whenever they act maturely
- Be wise and 'in the know' on what your child may be vulnerable to
- Encourage your child to use the helpful resources on our school's wellbeing website (e.g. exam stress tips)



Email: office@netherstowe.com Website: www.netherstowe.com Twitter: @netherstowe



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TEACHING SCHOOL ALLIANCE



Arthur Iamby
Learning
Partnership

- Look after yourself! - Support yourself, to best support your child

Taking care at Christmas

The Mental Health Foundation offers the following tips for taking care of yourself and others at Christmas:

- Sit in the garden with a warm coat and cup of tea to get a brief sunny boost
- Make time for self-care: go for a walk, listen to music, take a bubble bath, read
- Mediate or try yoga (there are lots of resources online)
- Get creative: have a go at homemade decorations and Christmas cards or baking

It might also be nice to try some of the Kindness tips from this Action for Happiness Calendar

<https://www.actionforhappiness.org/december>



It is important to remember that, whatever you and your child are dealing with, you are not alone.

If you are concerned and need to speak to someone:

- Young Minds is a national charity providing resources and advice for young people. <https://youngminds.org.uk/> If you need urgent help text **YM to 85258**.
- MindEd for Families - information on a range of mental health problems <https://mindedforfamilies.org.uk/>
- Bereavement services - Winston's Wish helpline 08088 020 021, online chat Tues afternoon, Friday mornings <https://www.winstonswish.org/online-chat/>
- Child Bereavement UK helpline 0800 02 888 40.

Online safety

We know that over the holidays particularly during tight lockdown restrictions, children may spend more time online.

The following link provides information and advice to support keeping your child safe whilst online shared by Staffordshire Police:

[file:///net-uss-001/Staff/dsullivan/Downloads/Keeping%20Children%20Safe%20Online%20\(1\).pdf](file:///net-uss-001/Staff/dsullivan/Downloads/Keeping%20Children%20Safe%20Online%20(1).pdf)

Yours sincerely,

D J Sullivan

Miss Sullivan

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