

## Supporting Your Whole Family's Mental Health and Wellbeing During School Closure

As you will be aware form tutors are regularly emailing students to check in with them and on Thursday this week we have sent a link out to all students inviting them to participate in a Wellbeing Survey so we can gauge how students are coping during the school closure and what more we might be able to do in order to support their needs. Our Heads of Year team and Pastoral Support Team are also helping students remotely with phone calls and email messages.

Students use of online resources and tools does present a different set of challenges. We have previously published information from our online learning platform 'National Online Safety' and they continue to supply us with useful guides, updates and courses for parents. A parent course can be completed free of charge via our school subscription: you can log on and create an account by following this link:-

<http://nationalonlinesafety.com/enrol/kesteven-sleaford-girls-high-school>

Lincolnshire County Council (LCC) has offered Lincolnshire schools guidance and support for parents. As the days go on LCC will be adding Online Safety Resources and activities for both Primary and Secondary Students. They will also be adding a range of factsheets aimed at educating parents on the latest apps, privacy techniques, places to get support to help them to keep their children and young people safe. LCC are working with their partnership agencies to add more factsheets and activities around other issues such as Healthy Relationships and Alcohol and Drug Awareness. It is LCC's hope that by keeping this information in one easy to use directory, parents will find this useful and accessible in educating their children and young people to stay safe during this unprecedented time. This information can be found at the following link:-

<https://www.lincolnshire.gov.uk/directory/16/stay-safe-partnership/category/69>

In addition to these local services the government released information and support on how we can help young people's mental health and wellbeing during these unprecedented times. The link for these resources can be found at:-

[https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing?utm\\_source=198a9e75-a418-4442-9102-7c714bd37c3c&utm\\_medium=email&utm\\_campaign=govuk-notifications&utm\\_content=immediate](https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing?utm_source=198a9e75-a418-4442-9102-7c714bd37c3c&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate)

The government also published some helpful information on how we all might look after our thoughts and feelings during these coming weeks, this easy read guide can be found at:-

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/876989/Easy\\_read\\_looking\\_after\\_your\\_feelings\\_and\\_body.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876989/Easy_read_looking_after_your_feelings_and_body.pdf)

Other useful links for parents and carers are listed below.

[Internet matters](#) - for support for parents and carers to keep their children safe online

[London Grid for Learning](#) - for support for parents and carers to keep their children safe online

[Net-aware](#) - for support for parents and carers from the NSPCC

[Parent info](#) - for support for parents and carers to keep their children safe online

[Thinkuknow](#) - for advice from the National Crime Agency to stay safe online

[UK Safer Internet Centre](#) - advice for parents and carers

Childline – <https://www.childline.org.uk>; freephone: 01800 1111. Your child can contact Childline about anything. Whatever their worry. They are there to support and help find ways to cope.