



The Moggy Messenger

A little school with big ideas

Student Wellbeing Newsletter: Special Edition [3rd Edition] Friday 15th May 2020



Student Wellbeing Newsletter

Dear Parents, Guardians and Students

Since the last edition of the Wellbeing Newsletter, we have now been given more detail from the Prime Minister on how and when we are likely to emerge from the current state of lockdown.

It would appear that, while we are hopefully nearing the end of this unprecedented and highly uncertain time, we are likely to be entering a new phase of 'normality'. This will inevitably impact on schools, and you will have most likely read the news that plans are currently being drawn up for **children in Reception, Year 1 and Year 6** in primary schools to return from **1st June 2020**. There are also plans for students in **Years 10 and 12** to have some **face-to-face** contact **before** the **summer break**.

Currently, schools are working hard to prepare for this, but we **await further confirmation** and **advice** from the Government before we know precisely how this is likely to work. However these plans manifest themselves, please rest assured that the **safety** and **wellbeing** of your **child(ren)** will be our **priority**. When we know more, and our plans have evolved further, Miss Hayward will write to you to let you know how this is likely to impact on you and your family.

Throughout this whole process we, as a school, have been very conscious of the impact of these past few

weeks on the mental health of your child(ren), and we are working hard to ensure that they continue to be supported remotely as much as possible.

With the decision to gradually re-open schools we are, nevertheless, conscious that this is likely to result in many children feeling increasingly stressed and anxious about what the future might look like. We would, therefore, ask that you **begin** the **process** of **discussing** the **re-opening** of schools with your child(ren) to help prepare them for the gradual return to school, and ease any worries that they may have.

I have outlined below some possible strategies that may be of use with this and that I believe may be helpful. I hope that you find them useful.

In addition to the following strategies, I have also included a comprehensive list of **external agencies** and **sources** of **advice** that are available to help young people and their families who may be in need of additional support. Many of these are national organisations, and are widely known, while others are local, or provide specific and tailored support for particular issues. We, as a school, will also **continue** to **remain open** and **available** to **support you** and **your family**, and will do whatever we can to ease the burden of the current situation. **Please contact** us on the following email should you wish to get in contact: parentcontact@sandysecondaryschool.com.

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As I have mentioned before, the **community spirit**, **goodwill** and **self-sacrifice** of the past few weeks has been truly **heart-warming**, and I have no doubt that we will all emerge from this experience stronger and more caring than before.

Please do continue to share your *Random Acts of Kindness*, so that we can share these good news stories with our community and celebrate our achievements.

I think you will agree that they are a real boost to our morale during what continues to be a very difficult time.

Best wishes to you and your family.

Mr A Rutter
Vice Principal



Strategies to Aid Return

Strategies for helping children prepare for the return to school:

Set up a Back-to-School Routine

Having consistent times for going to sleep and waking up in the morning will help with this.

The National Sleep Foundation suggest starting **two weeks** before the first day of school to establish **good habits**, but a **week beforehand** will also help to get the process under way.



The first week back in particular can cause disruption from being in 'holiday mode', so do not forget **healthy habits** with **sleep** (around 9-11 hours for children aged 5-13, and 8-10 hours for those aged 14-17), **exercise** (around one hour per day of moderate to vigorous physical activity three times a week), and a **healthy diet**.



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Try to create **structure** to support a return to a school routine. Be guided by your knowledge and history of what best supports your child during times of change and transition.

You may want to set up a practical **chart** of getting ready. This could include:

- what needs to be done each day for school? (i.e. getting up, breakfast, getting dressed)
- what help does your child need from you to get ready for learning?
- what they can do on their own? (establish these together initially).



Consider **adjusting your own schedule** to make the transition smoother. If you cannot do this in the mornings, perhaps **re-arrange the evenings** so you can give a little more time to your child's needs, especially during the first week.

Talk about Going Back to School



Most children deal with some level of stress or anxiety about school. They have insight into their school experiences, so find out what worries them by asking directly.

You can offer support by **normalising experiences** of worry and nerves. **Reassure** your child the **feelings** they have are **common** and they will likely overcome them once they have settled in. Worries and courage can exist together.

Depending on your child's age, you can also try the following to help:

Early years/pre-school:

- ♦ **write a social story** about going to school and the routine ahead

Primary years:

- ♦ set up a peer-buddy system where a peer or older child can give support and guidance on what to expect, and provide reassurance

Secondary years:

- ♦ **establish healthy routines** as a family. **Support** each other around technology use, sleep and schoolwork.
- ♦ try talking whilst **engaged** in an **activity**, such as **walking the dog**, preparing a snack or dinner, or driving somewhere—**indirect talking often proves successful with older children**.



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Help Create a Sense of School Belonging

A sense of belonging at school can affect academic success and student well-being. Parents can facilitate positive attitudes about school by setting an **encouraging tone** when talking about it.

Try to show an **interest** in **school life** and **work**, and be **available** to support your child both **academically** and **socially**.



More than half of the parents in a recent survey indicated that homework and schoolwork were the greatest drivers of stress in their children. When **parents** are **more engaged** in their child's schoolwork, they are **better able** to **support** them through it.

Look out for Signs of Stress

Research suggests parents can sometimes miss stress or anxiety in their children. Parents can spot stress if their child (depending on age):



- * is more clingy than usual or tries escape from the classroom
- * appears restless and flighty or cries
- * shows an increased desire to avoid activities through negotiations and deal-making
- * tries to get out of going to school
- * retreats to thumb sucking, baby language or increased attachment to favourite soft toys (for younger students).

If these **behaviours persist**, talk to our **your child's teacher** about what is happening, and work together on a strategy of support. There may be something more going on than usual school nerves, like bullying that requires intervention to help resolve.

Encourage Questions

Encourage **questions** that children and teens may have about the next term.

- ⇒ **What will be the same?**
- ⇒ **What will be different?**
- ⇒ **Discuss** with your child what **information** has been **circulated** by the **school**,
- ⇒ **Discuss** what **information** you have about their likely **experience** when they **return** to **school**, or **transition** to a **new year**.



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Most importantly, let your child know **nothing is off limits to talk about**. Set up times to chat throughout the school term – it can help with back-to-school nerves, and ensure that any problems or worries are quickly addressed and resolved.

We are here to help.



01767 640270—Moggerhanger Primary School

OR

01767 680598 (Sandy Secondary School)



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Recommended advice to prevent the spread of viruses

Catch it

Germs spread easily. Always carry tissues and use them to catch your cough and sneeze.



Bin it

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



Kill it!

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



i Remember: Wash your hands for 20 seconds or the time it takes to sing 'Happy Birthday' twice.

38.5 million 38.5 million working days were lost due to sickness absence in the UK last year.
Source: Office for National Statistics

⊕ Good hygiene saves lives

The information in this poster is for guidance only. For official information visit gov.uk, nhs.uk or who.int

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Supporting mental wellbeing resources and apps

NHS
Bedfordshire, Luton
and Milton Keynes
Communications Collaborative

This information sheet has been compiled to bring together resources and phone apps that may be useful to maintain mental wellbeing during the Covid-19 crisis and beyond. These resources are free to use unless otherwise stated. Phone apps are available for both Android and IOS (Apple) operating systems unless otherwise stated. Some resources are area specific. These resources have not been tested by the compilers of this information sheet.

Big White Wall www.bigwhitewall.com	Online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals.	Website
Calm www.calm.com	App promoting meditation, better sleep and relaxation	Phone app Website Free to use; in-app purchase
Catch It www.liverpool.ac.uk/csd/app-directory/catch-it/	A diary tracker to better understand the user's moods	Phone app
Daylio Diary Mood Tracker www.daylio.webflow.io	Tracks mood and how the user is feeling. This helps in identifying the trigger points and habits which alter how they feel during the day.	Phone app Free to use; in-app purchase Contains ads
Elefriends www.elefriends.org.uk	A supportive online community; a safe space to listen, share thoughts and be heard. Run by MIND. Over 17s only	Phone app
eQuoo: Emotional Fitness Game www.equoo.com/?_branch_match_id=723889546538189952	App uses adventure games designed by psychologists to help increase emotional fitness and teach new psychological skills	Phone app Free to use; in-app purchase Contains ads
Feeling Good: positive mindset www.foundationforpositivementalhealth.com/listen-now/download-our-app-feeling-good/	Relax body and mind with a series of audio tracks designed to help build confidence, energy and a positive mindset.	Phone app Free to use; in-app purchase
Happier	Helps people to stay more in the present and keep positive throughout the day	Phone app IOS only
Headspace www.headspace.com	Meditation app	Phone app Free to trial; monthly or annual charge thereafter
Mental Health Foundation www.mentalhealth.org.uk/	Support for mental health. Has a section on staying mentally well during Coronavirus crisis.	Website
Milton Keynes Mental Health Hour www.arthurellismhs.com/mk-mental-health-hour-sundays-at-7pm-106-3-mkfm/	Radio programme presented by Arthur-Ellis, from 7-8pm Sundays. MKFM 106.3	Radio



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MIND www.mind.org.uk Tel: 0300 123 3393, info@mind.org.uk Text: 86463	Provides information on a range of mental health problems, where to get help in your own area, medication and alternative treatments and advocacy. Advice on suicidal feelings, self-harm and supporting someone else:.	Website Telephone Email Text
Mood Tools – Depression Aid	Designed to help combat depression, alleviate negative thoughts and aid recovery	Phone app Free to use; in-app purchase
My Possible Self: The Mental Health App www.mypossibleself.com	Uses simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking.	Phone app Free to use; in-app purchase
Recovery College Online www.recoverycollegeonline.co.uk	Providing a range of online educational courses and resources to people with experience of mental illness	Website
SAM Self Help for Anxiety Management www.sam-app.org.uk	Helps understand causes of anxiety, monitors anxious thoughts and behaviours over time through self help exercises and reflection.	Phone app
Silvercloud	Provides a wide range of supportive and interactive programmes, tools and tactics for improving mental health and behavioural issues	Phone app
Worry Tree www.worry-tree.com	Uses cognitive behavioural therapy (CBT) techniques to help user notice and challenge their worries.	Phone app Free to use; in-app purchase
SELF-HARMING AND SUICIDE PREVENTION RESOURCES		
Bedford Open Door www.bedfordopendoor.org.uk	Provides free, confidential counselling for issues such as eating disorders, sexual abuse, self-harm, anxiety, depression etc. 13-25 years T. 01234 360388	Telephone & online counselling. Telephone drop in
Calm Harm www.calmharm.co.uk	Designed to help people resist or manage the urge to self-harm.	Phone app
Childline www.childline.org.uk/info-advice/your-feelings/self-harm/	Childline Self-harm information and advice	Website
distrACT www.expertselfcare.com/health-apps/distract/	App gives easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.	Phone app
The Mix www.themix.org.uk/mental-health/self-harm	Self-harm information and advice	Website
National Self Harm Network forum www.nshn.co.uk/	For people who self harm, to reduce emotional distress and improve their quality of life, supports and provides information for family and carers, to raise awareness, dispel myths and combat discrimination, to empower and enable those that self harm to seek alternatives to SH and further help where appropriate NSHN Online Support Forum provides crisis support, information and resources, advice, discussions and distractions. Closely monitored, available 24/7	Website
PAPYRUS www.papyrus-uk.org/help-advice Phone: 0800 068 41 41 SMS: 07786 209697	Charity helping to prevent youth suicide, for children, teenagers and young people up to the age of 35. Providing confidential support and advice to young	Telephone SMS Email

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Email: pat@papyrus-uk.org	people struggling with thoughts of suicide, and anyone worried about a young person through HOPELINEUK a specialist service staffed by trained professionals who give non-judgemental support, practical advice and information (set hours) Mon-Fri 10:00 am to 10:00 pm, weekends 2:00 pm to 10:00 pm, Bank Holidays 2:00 pm to 10:00 pm	
The Royal College of Psychiatrists www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/parentscarers/self-harm.aspx	Self-harming advice for parents and carers	Website
Samaritans www.samaritans.org Telephone 116 123 Email jo@samaritans.org	Helps people of all ages in distress, including those who are suicidal, through telephone or email support: The Samaritans also has local offices in Bedford, Luton and Milton Keynes with opening hours for drop-in callers to receive 1-2-1 support. Also local telephone numbers - details via main website.	Website Telephone Email
Selfharm.co.uk www.selfharm.co.uk	A moderated site for sharing positive experiences of coping where young people can post video footage or stories about their life and self-harm; the overall aim is to support others in helping recovery. Very young person friendly.	Website
Stay Alive www.prevent-suicide.org.uk/find-help-now/stay-alive-app/	A suicide prevention resource to help people stay safe	Phone app

EATING DISORDERS RESOURCES

BEAT www.beateatingdisorders.org.uk	Beat provides helplines, online support and a network of UK-wide self-help groups to help adults and young people in the UK beat their eating disorders	Website
Bedford Open Door www.bedfordopendoor.org.uk Bedford Borough & North Central Bedfordshire only	Provides free, confidential counselling for issues such as eating disorders, sexual abuse, self-harm, anxiety, depression etc. 13-25 years T. 01234 360388	Telephone & online counselling. Telephone drop in
Caraline www.caraline.com Luton & Bedfordshire only	Support for people with an eating disorder, telephone and on line support, 01582 457474, admin@caraline.com	Website
Recovery Record – Eating Disorder App www.recoveryrecord.co.uk	App helps users manage their journey to recovery from eating disorders	Phone app
Rise Up – Eating Disorder App www.recoverywarriors.com/app/	Rise Up + Recover is an app for people struggling with food, dieting, exercise and body image	Phone app

RESOURCES FOR CHILDREN AND YOUNG PEOPLE

Arthur Ellis: Mental Health Support www.arthurellismhs.com	Provides a variety of free downloadable, practical guides for children, young people and adults to support mental health and well-being.	Website
Bedford Open Door www.bedfordopendoor.org.uk	Provides free, confidential counselling for issues such as eating disorders, sexual abuse, self-harm, anxiety, depression etc. 13-25 years T. 01234 360388	Telephone & online counselling. Telephone drop in
Bedford Borough & North Central Bedfordshire		
Blue Ice PRESCRIPTION ONLY	App to help young people manage their emotions and reduce urges to self-harm	Phone app
Childline www.childline.org.uk	Childline offers online advice through an app or desktop site, with coping strategies, message boards, "ask Sam" feature, 24/7 online 1-2-1 Counsellor and freephone helpline for young people up to the age of 19. Tel: 0800 1111. There is a slightly different service between 1.00am and 7.30am with fewer counsellors during these hours compared to the day.	Website Telephone
Chill Panda: Calm Play Today	App measures heart rate and suggests tasks to suit state of mind. Tasks include simple breathing techniques and light exercises to take user's mind off worries. Game based	Phone app
CHUMS chums.uk.com/bedfordshire-services/ info@chums.uk.com T. 01525 863924 Bedfordshire & Luton only	Mental health & emotional wellbeing service for children and young people. CHUMS is still delivering all services, now working remotely and conducting appointments, engagements and calls online or via telephone.	Website Phone
Kooth www.kooth.com	Site for children & young people; anonymous; users can obtain help, advice and talk to others about mental wellbeing	Website
MeeTwo www.meetwo.co.uk	App provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives.	Phone app
Mindshift www.healthyyoungmindspennine.nhs.uk/resource-centre/apps/mindshift/	App to help teens and young adults cope with anxiety	Phone app
Recovery College Online www.recoverycollegeonline.co.uk	Providing a range of online educational courses and resources to people with experience of mental illness. Includes sections for children & young people	Website
Service Six www.servicesix.co.uk MILTON KEYNES ONLY	Service 6 support children and young people in <u>Milton Keynes only</u> . Downloadable self-help journals available and option for self-referral into support services	Website
Think Ninja www.healios.org.uk/services/thinkninja1	Think Ninja is an app for 10-18 year olds updated with specific COVID-19 content. Bringing self-help knowledge and skills to children and young people who may be experiencing increased anxiety and stress during the crisis. 1. Fears relating to the virus	Phone app



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	2. Isolation struggles and how to stay connected to family and friends 3. Worries about personal health and health of family members 4. Mental strength 5. Coping techniques to use during the crisis	
YiS Young People's Health www.mkyis.org.uk Facebook: @yismenthealth Instagram: @yismentalhealth	YiS Young People's Mental Health provides counselling, and online messenger support to help answer questions, share helpful wellbeing tips and share details of other services who can respond to a young person. Also offering wellbeing online sessions.	Website Facebook Instagram
Young Minds www.youngminds.org.uk	Young Minds has a section dedicated to young people dealing with the effects of Coronavirus and mental health	Website Crisis Messenger YM 85258

RESOURCES FOR PROFESSIONALS, PARENTS, AND ANYONE INTERESTED IN IMPROVING MENTAL HEALTH

Internetmatters www.internetmatters.org	Guidance for parents on internet safety.	Website
MindEd www.minded.org.uk	Free e-learning resources applicable across the health, social care, education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist to understand mental health problems in children and young people:	Website
Parent Line www.cambscommunityservices.nhs.uk/bedfordshire/services/health-visiting/parentline Text 07507 331456 Bedfordshire only	Parentline is a secure and confidential text service for parents and carers of those aged 0-19. It offers advice and support on a range of issues such as weaning, sleep and emotional health or how to make an appointment with the team. Text with question to start the conversation – available to answer queries from 9am to 4.30pm, Monday to Friday (excluding bank holidays).	Text service
The Royal College of Psychiatrists www.rcpsych.ac.uk/healthinformation/parentsandyoungpeople.aspx	Produces a range of materials for mental health professionals and the public including reports, toolkits and leaflets plus a series of factsheets for parents, teachers and young people entitled 'Mental Health and Growing Up'. RCPsych self harm: https://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/parentscarers/self-harm.aspx	Website

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HM Government

NHS

Coronavirus

Wash your hands more often for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

For more information and the Government's Action Plan go to nhs.uk/coronavirus

CORONAVIRUS
PROTECT YOURSELF & OTHERS

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