



20th March 2020

Dear Parent(s)/Carer(s)

Following the announcement by the government that schools in England are to close at the end of the day today we want to assure you that we will be here to continue to support your families at this challenging time.

Attached to this letter is a list of resources detailing support for young people and parents in secondary schools in relation to mental and emotional wellbeing. As well as this document, we will be sending out regular Wellbeing Wednesday updates signposting tips for wellbeing, including activities you can do at home if in self-isolation, and sharing resources and support you may find useful. Please also see the action for happiness coping calendar below, which has 30 simple actions to look after ourselves and each other at this time:

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys



You will find more wellbeing information and updates on our school website (www.harrogatehighschool.co.uk) and through our social media channels.

I wish you and your family all the very best in the challenging times ahead.

Yours sincerely

Miss Emma Dobson

Associate Assistant Head

Support for Young People and parents in secondary schools in relation to mental and emotional wellbeing

Young People and Parents

The Go To Website <https://www.thegoto.org.uk/>

North Yorkshire specific website that provides information to help signpost young people, families and professionals to the right information and services available for mental health and wellbeing across North Yorkshire. The website has been developed in conjunction with young people, professionals and parents and carers.

Recovery college Online <https://www.recoverycollegeonline.co.uk/>

providing a range of online information to people who might be struggling with mental health issues (there is a section for under 12 and overs) and parents and carers (<https://www.recoverycollegeonline.co.uk/young-people/for-parents-and-carers/>)

North Yorkshire services and support <https://www.northyorks.gov.uk/support-children-young-people-and-their-families#emot>

Information on the universal, targeted and specialist services and support available in the different districts of North Yorkshire and access to the North Yorkshire Pathway of support for children and young people with self harming behaviour and/or suicidal ideation

NHS suggested apps to support mental health <https://www.nhs.uk/apps-library/category/mental-health/>

Young People support

Kooth <https://www.kooth.com/>

Free, safe and anonymous online support for young people and provides information and guidance.

Compass BUZZ US text service: Compass BUZZ offers a confidential text messaging service to young people aged 11-18 across North Yorkshire. By texting the service on **07520 631168** you will be able to receive confidential advice, support and signposting from a wellbeing worker within one



working day via text. When you text BUZZ US you will receive a message letting you know if we are open or closed. Within this text it will also let you know what you can do if we are not open and you need help in the meantime.

Childline <https://www.childline.org.uk/> provides a range of information and support on a number of issues. This includes support on cyberbullying <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/>

And Childline have the calm zone <https://www.childline.org.uk/toolbox/calm-zone/> which provides a toolbox of ideas to support emotions and express your ways
Anna Freud have developed alongside young people some self-care ideas
<https://www.annafreud.org/on-my-mind/self-care/>

Also important to stay physically active

Parents

Children and Young People may be having more screen time so it is important that they keep themselves safe online and parents and carers have an important role in this

Internet matters <https://www.internetmatters.org/> provides a range of support for families to enable all family members to stay safe.