



Giffard Park Primary School

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Dear Parents/ Carers,

I hope you are doing well. I'm thinking of you and your children and sending lots of positivity and happiness your way. All of us will be having a variety of days, some better than others. And that is ok.

During this time, you may be bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you. Everyone reacts differently to events and changes in the way that we think, feel and behave vary between different people and over time. It's important that you take care of your mind as well as your body and to get further support if you need it.

I am **trying** to keep a little bit of structure and routine to my days. It doesn't always go to plan, but I know that these things will help my well being, both body and mind, they will help me to sleep better.

Exercising once every day
(Trying to) Eat healthy foods
Drinking 2 litres of water every day
Getting up at a normal time- getting dressed and ready for the day ahead
Writing and working my way through a to-do list
Speaking to family and friends via FaceTime or a phone call

After talking to some of our families that I have been in contact with, there are many who are finding this situation that we are in very difficult and may need signposting for help that's on offer. With this in mind I have put together some organisations which are there to help us all through these difficult times.

Please share these links with whoever you think may need them. It may be useful to people that you know personally as well as yourself. As the time in lockdown increases it can become more difficult to stay upbeat and positive, please remember we are all in this together and asking for help if you are finding it a struggle can make all the difference. We are all here for each other.

Remember to make time for your own self-care every day because **You Matter!**

Take care and stay safe.

Mrs Wiles



Anna Freud National Centre for Children and Families

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Every Mind Matters

Every Mind Matters has now released expert advice and top tips on how to look after your mental wellbeing if you need to stay at home during the coronavirus (COVID-19) outbreak. It also includes guidance if you're feeling worried or anxious about the outbreak.

<http://www.nhs.uk/oneyou/every-mind-matters/>

ELSA Support:

Resources include 'Health and wellbeing during the Coronavirus outbreak', 'Someone I know has Coronavirus story', 'Home and School Coronavirus resource pack', 'Social Contact Story', 'Coronavirus Story for children' and 'Coronavirus 14 day self isolation activities' ·Includes a dedicated section for Coronavirus support, providing free resources for teaching staff and parents to help children cope with the current viral outbreak

<https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>

Samaritans

<https://www.samaritans.org/>

or call 116 123

MIND

<https://www.mind.org.uk/information-support/helplines/>

or call 0300 123 3393

Government Advice for Supporting Children and Young People's mental health and wellbeing

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

Information Book Explaining the Corona Virus to young children illustrated by Gruffalo illustrator Axel Scheffler- answers a lot of their questions in a child-friendly manner.

<https://axelscheffler.com/books-for-older-children/coronavirus>

Young Minds Supporting Your Child During The Coronavirus Pandemic

Tips, advice and where to get support for your child's mental health during the coronavirus (COVID-19) pandemic

<https://youngminds.org.uk/find-help/for-parents/>