



# A guide to **mental health & wellbeing**

## we're with you

Our vision is simple. We believe that the whole point of schools is that students come first and everything we do must reflect this single goal. What drives us is a strong desire to raise standards for all students by sustaining and enhancing performance and developing the whole child. It is our belief that students can only maximise their potential in a school that enables personalised pathways and set very challenging targets for everyone. We feel that students can only learn in an orderly school. We will not tolerate bullying. We set clear boundaries for behaviour and high expectations for everyone. We know that students can only succeed in good lessons, we support our staff with targeted professional development. **We understand the need to recognise more than academic achievement. Raising self-esteem helps engage students, and provides the motivation to work.** It's about equity, it's about life chances, it's all about putting students first.

For everyone the best.

## for everyone the best

Children and young people across the UK have had their lives turned upside down by the pandemic. Almost every young person has had to adjust to dramatic changes in their education or employment, routine and home life. Some have experienced bereavement or other Traumatic experiences during the lockdown period, while groups who were already marginalised or disadvantaged are now likely to become more so.

A recent Young Minds survey results reveal that: 80% of respondents agreed that the coronavirus pandemic had made their mental health worse. 41% said it had made their mental health "much worse", up from 32% in the previous survey in March. This was often related to increased feelings of anxiety, isolation, a loss of coping mechanisms or a loss of motivation.

87% of respondents agreed that they had felt lonely or isolated during the lockdown period, even though 71% had been able to stay in touch with friends.

At Chesterfield High School we are more than aware that many of our young people will experience mental health issues over the next few months and we want to be able to give you the advice and signpost you to where you can get help. We want them to be able to get back on track and when they return to school and their daily lives, we want them to be happy, confident and successful.

We felt it was important to put this Mental Health & Well-being newsletter together for you as parents and carers to give you the information you might need to get mental health advice and support for your child. Many of the ideas and sources of information are for you to use in keeping your child's mental health in a good shape and to look after their well-being.



Mr K Sexton  
Headteacher



Mrs P Allen  
Director of  
Transition &  
Wellbeing

# 5 ways to wellbeing

There are lots of little things that we can all do throughout our day to make sure our bodies and minds are being looked after. Simple, easy to accomplish tasks that add to our daily dose of wellbeing. What can you do today to help yourself?



## GIVE

Your Time.  
Your words.  
Your presence.



## BE ACTIVE

Do what you can.  
Enjoy what you do.  
Move your mood.



## KEEP LEARNING

Embrace new experiences.  
See opportunities. Surprise yourself.



## CONNECT

Talk & listen. Be there.  
Feel connected.



## TAKE NOTICE

Remember the simple things  
that give you joy.

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## EduKit

EduKit is an innovative mobile app that empowers students to take ownership of their wellbeing.

With in-built surveys, videos and practical advice recommended by youth mental health experts, this easy to use app can help to ensure that the emotional needs of all students are met.

Go to your app store and download the EduKit app

Next – I'm new sign in

Put in your school email address

Put in school code **wHfEoRf**

Make a password that you will remember

A video will come up – click "I've watched it"

Choose an avatar

Click the face of how you are feeling today

Go to the bottom of the and it will say home page, library, surveys etc

Browse the library for resources

If you struggle to sign up or log on contact Mrs Allen or Mr Duffy in school

# school nurse drop in sessions

The school nurse service provides invaluable support for students who are experiencing changes in their mental health and wellbeing.

If you have noticed that you are becoming more anxious or stressed about things that you would normally deal with without thought, struggling to sleep or loss of appetite, or generally just not feeling good about things - you are welcome to come into school and speak to the nurse.

Our school nurse Denise Davies will continue her weekly drop in sessions during this lockdown period and is available every Tuesday 1pm-3pm.

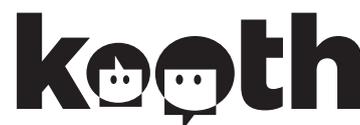
If you would like an appointment please contact your Progress Leader or Student Support Manager who will arrange this for you.



## kooth

1 in 5 children and young people suffer from mental health illness in any given year. At Kooth, we believe every young person has the right to thrive and to access high quality mental health care.

Kooth.com is commissioned by the NHS, Local Authorities, charities and businesses to provide anonymous and personalised mental health support for Children and Young People. With over 4000 logins per day, we provide end to end support whatever the need.



## wellbeing links

If your child had no pre-existing mental health condition prior to COVID-19, but you are worried about their general emotional wellbeing, there are several places you can find advice:

### Online support from Mind

Mind provides advice and support to empower anyone experiencing a mental health problem. It runs an Infoline which offers information and advice on mental health; you can call on 0300 123 3393, text on 86463 or email at [info@mind.org.uk](mailto:info@mind.org.uk).

It also has a page dedicated to coronavirus and mental health, which includes information for older children and teens who are worried about coronavirus, and advice for how you can support your teen as the pandemic continues.

**[mind.org.uk](http://mind.org.uk)**

### Online support from The Children's Society

The Children's Society works towards directly improving the lives of vulnerable children and young people and has a range of resources that could be helpful during the pandemic. There's also a dedicated information and support page, which includes subjects such as dealing with loneliness.

**[childrensociety.org.uk](http://childrensociety.org.uk)**

### Online support from YoungMinds

YoungMinds is one of the UK's leading charities fighting for children and young people's mental health. It operates a Parents Helpline on 0808 802 5544. Your child can visit its dedicated coronavirus and mental health page for advice and signposting, including information on looking after your mental health whilst self-isolating and self-care tips.

**[youngminds.org.uk](http://youngminds.org.uk)**

# wellbeing links continued

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**[childrenssociety.org.uk](https://childrenssociety.org.uk)**

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## Online support from Emerging Minds

Emerging Minds is a research network that aims to reduce the prevalence of mental health problems in children and young people. It has a useful advice sheet for parents and carers on supporting children and young people with worries about coronavirus.

**[emergingminds.org.uk](https://emergingminds.org.uk)**

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## Online support from Childline

Childline is a free counselling service for children and young people aged 19 or under. Your child can call their helpline on 0800 1111 to speak to a trained counsellor, or they can use its '1-2-1' chat on their website if they don't feel as though they can talk over the phone. They can also send an email from their 'Childline locker', which Childline endeavours to reply to within 24 hours.

Childline also offers plenty of other resources, including advice on distinguishing fake news and what to do if you're worried about coronavirus. Your child also has access to message boards where they can find support from others, and can use a mood journal to log how they're feeling. You can read Childline's guidance on its message boards here. Young people can currently speak to a counsellor online or on the phone from from 7:30am – 3:30am, seven days a week.

**[childline.org.uk](https://childline.org.uk)**

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## Online support from The Mix

The Mix is one of the UK's leading support services for young people under 25. Your child can access useful wellbeing guidance on its website, including how to support others during the pandemic, and dealing with coronavirus anxiety. If you have a young person at university or living away from home, The Mix also has information tenancy rights and financial guides, to offer a little clarity during this confusing period.

**[themix.org.uk](https://themix.org.uk)**

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## Online support from Mental Health Foundation

The Mental Health Foundation is part of the national mental health response during the coronavirus outbreak. You will find numerous guides on how to look after your mental health during the coronavirus outbreak.

**[mentalhealth.org.uk/coronavirus](https://mentalhealth.org.uk/coronavirus)**

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## Online support from Anna Freud National Centre for Children and Families

It's too early to say what the full impact of coronavirus will be on children and young people's mental health, but the signs are that it will be significant. The Anna Freud National Centre for Children and Families want to support children and young people and work together to minimise this impact. You'll find resources created with children and young people as well as some support from our teams.

**[annafreud.org/coronavirus-support](https://annafreud.org/coronavirus-support)**

# wellbeing guidance

For children and young people who already have a suspected or diagnosed mental health condition, you may be worried the anxiety generated by COVID-19 is causing a backslide in their referral or recovery.

## **My child is referred under CAMHS – are they still operating?**

The NHS' Child and Adolescent Mental Health Services, or CAMHS, vary by region.

You can search for your local CAMHS using the NHS website. From there, you should be able to find more information about what support is available to you.

## **What can you do if your child has an eating disorder and COVID-19 is disrupting their recovery?**

Children and young people suffering with an eating disorder may be particularly affected by the pandemic. They may have concerns around how strong their immune system will be and may struggle with disrupted routines.

Beat Eating Disorders has a dedicated page with advice for those who may be suffering as a result of the coronavirus, as well as a page for those supporting someone with an eating disorder during these extraordinary circumstances.

Your child can also access 'The Sanctuary', an online group created in response to coronavirus and the anxieties it could cause. Its Helpline, Studentline and Youthline are all operating as normal.

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## **NSPCC - The National Society for the Prevention of Cruelty to Children**

The NSPCC helpline (0808 800 5000) offers advice and support from professional counsellors if you are worried about a child. It also has a page for parents and carers on family support during the pandemic, including advice on talking to children about the coronavirus and supporting SEND children.

**[nspcc.org.uk](https://www.nspcc.org.uk)**

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## **University of Reading online courses**

The University of Reading is offering a two-week online course for young people whose mental health has been affected by COVID-19. You can explore practical ways to help your child manage their mood and maintain healthy habits during the pandemic. It's completely free and includes articles, videos and quizzes to guide your learning.

**[futurelearn.com](https://www.futurelearn.com)**

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## **NHS mental health hub**

The NHS is offering mental health and wellbeing advice on its website. If your child is 16 or over, they can do a mood self-assessment, and children of any age can listen to mental wellbeing audio guides. The NHS also provides further advice that includes five steps to mental wellbeing, raising low self-esteem and ten stress busters.

**[NHS](https://www.nhs.uk)**

# tips to keeping mentally healthy



## Talk about your feelings

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled. Talking about your feelings isn't a sign of weakness. It's part of taking charge of your wellbeing and doing what you can to stay healthy.

## Keep Active:

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.



## Eat well:

Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.

## Keep in touch:

There's nothing better than catching up with someone face to face (maybe on facetime or zoom), but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!



## Ask for help:

None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear. Local services are there to help you.

## Take a break:

A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from study, a half-hour lunch break, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some 'me time'.



## Do something you're good at:

What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself can help beat stress. Doing an activity, you enjoy probably means you're good at it, and achieving something boosts your self-esteem.

## Accept who you are:

We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.



## Care for others:

Friends are really important... We help each other whenever we can, so it's a two-way street, and supporting them uplifts me.' Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.

#chesterfield365

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