

5th February 2021

Children's Mental Health Week 2nd – 7th February 2021

Dear parents/ carers,

As I am sure many of you are aware, this week has been 'Children's Mental Health Week', an annual week-long campaign run by children's mental health charity 'Place2Be'.

I wanted to keep you up to date regarding some of the things we have been doing as a school this week, which obviously have been limited due to lockdown, and also to share with you some resources for helping ensure positive mental health in nurtured beyond this week, as lockdown and the global pandemic continue.

PSHE lessons

All students have experienced a PSHE lesson based on Place2Be's resources. In it, they were introduced to this year's theme, "Express Yourself", with the focus on children finding ways to share feelings, thoughts, or ideas through creativity.

Our students were all given options of tasks to complete based around these themes, with the idea that once the introduction was complete, they could then leave the meet to complete one of the activities ensuring some additional time away from their screens.

Some of these activities extended beyond a single day, and going forward there is a plan to use PSHE lessons to support student wellbeing with screen break activities as we continue with online learning for the time being.

Activities on our school Facebook page

Each day the school Facebook page has been updated with activities from the Place2Be's themed resources, to encourage students to find creative ways to express themselves. As you know one of our core TRAK values is 'Awareness', which includes self-awareness. Self-reflection, and expressing this authentically and creatively, can have a very positive impact on mental health and wellbeing.

Mental Health Day Mon 8th February 2021

As per Mr Howard's recent letter where he stated that "*following the recent feedback from Parents, Students and Staff regarding Mental Health days, 96% of students and parents felt that regular Mental Health days would be helpful*", we are extending Mental Health week and holding our second Mental Health day on Monday 8th February.

Again, we will not be setting any work on this day, however we will have optional mental health activities available through google classroom, set by the English teachers.

Wellbeing resources

I have emailed you previously our bespoke compiled list of Wellbeing resources, and these are available to all our students on all our Virtual Tutor Group classrooms.

Contained on the last two pages of this letter are some additional resources that you may find useful for helping to take the idea of Positive Mental Health and Wellbeing beyond this week.



St Dunstan's School

GLASTONBURY

Headteacher: Mr Keith Howard BSc(Ed)
Wells Road, Glastonbury, Somerset BA6 9BY
T: 01458 832943
E: secretary@stdunstansschool.com
Website: www.stdunstansschool.com

We know that this is a challenging time for everyone, we appreciate all the support and kind words of encouragement we have received from all our parents / carers. Thank you, they genuinely make a huge difference. Working together allows us to help students to practise our core values of Truth, Resilience, Awareness and Kindness.

I would also like to take this opportunity to recognise all the work teachers and parents are doing to support students during this time. I hope that some of the information contained in this letter will be helpful in continuing to support our students and ourselves as we look forward to a positive year.

Yours Faithfully

Cyrano Oakwood
Assistant Head Teacher – Safeguarding and Pastoral Care

Please find below, a selection of additional resources that you may find useful in taking the idea of Positive Mental Health and Wellbeing beyond this week.

Place2Be

To access the charities' resources on this year's theme, "Express Yourself", please visit [Children's Mental Health Week 2021](#).

Mentally Healthy Schools

Mentally Healthy Schools have created a toolkit of resources for children, staff and parents to use during Children's Mental Health Week and beyond.

[Express yourself: Children's Mental Health Week toolkit : Mentally Healthy Schools](#)

Throughout the week, they are using their social media platforms to share a variety of mental health resources including 'wellbeing for education return' and the children and young people's psychological first aid training which is run by Public Health England.

[COVID-19: Psychological First Aid Training Course - FutureLearn](#)

Time to Talk

We all know that part of positive mental health is talking about our feelings. Time to talk day was yesterday, there are tips about starting positive conversations on their website.

[Time to Talk Day 2021 | Time To Change \(\[time-to-change.org.uk\]\(http://time-to-change.org.uk\)\)](#)

Somerset Wellbeing

Please find below a link to Somerset Wellbeing's most recent bulletin – 'Winter Lockdown: Health & Wellbeing Help for Children, Young People, Families & Professionals', which contains a huge amount of resources to explore.

<https://www.cypsomersethealth.org/bulletin&id=87>

Online Safety

We know there is a link between poor mental health and misuse, or overuse, of social media. As you are aware, we recently partnered with the NSPCC to deliver an online webinar about keeping our children safe online. This webinar was recorded, and we have uploaded it for parents / carers who were not able to attend. Please find the link below.

[St Dunstan's Online Safety Webinar](#)

The NSPCC also provided us with additional resources to help parents / carers keep their children safe online and these can be found below:

Net Aware: A easy guide to apps, games and sites:

<https://www.net-aware.org.uk/>

NSPCC Online safety resources:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Advice and support for young people, via Childline:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>

YoungMinds parent helpline:

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



The Safeguarding Training centre

Connected to the above, the 9th of February is 'Safer internet day'. The Safeguarding Training centre have created some simple factsheets and a briefings area containing resources to help both staff and parents keep children safe on popular apps and websites - including to help identify and support pupils that are being cyber-bullied. Access the new factsheet on fake news and disinformation online below. [Safeguarding Training Centre | Fake news and disinformation online: parent factsheet \(thekeysupport.com\)](#)

Careers and the future

For some students, especially our Year 11's, they may be currently suffering some worry or anxiety around their future or immediate next steps after school. A great deal of support has been put in place on the Virtual Tutor Groups, through PSHE lessons and our Careers Advisor has been working hard to meet virtually with all Year 11 students.

It can be difficult for us as a school to notify parents and students of every career, employment or Further Education opportunity currently on offer. To help, parents can now sign-up to receive careers information alerts directly from Somerset Education Business Partnership. Please sign-up at www.somerset-ebp.co.uk