

Science

LANGUAGE
COLLEGES

ACADEMIES

Urmston Grammar

A Science and Language
College with Academy
status



Urmston Grammar, Newton Road, Urmston, Manchester M41 5UG

email: office@urmstongrammar.org.uk

Telephone: 0161 748 2875

Web site: www.urmstongrammar.org.uk

Fax: 0161 747 2504

VAT Registration Number: 120 1656 61

Dear Parents/carers,

I hope that this email finds you and your loved ones well.

For parents of students who have joined us from September I would like to take the time to introduce myself to you, my name is Mrs Evans and as well as a PE teacher here at Urmston Grammar, I am also responsible for the overview of the Well-being of students and staff.

Once again as we enter into a period away from school and as staff and students we adapt to online learning and the challenges that brings, I would like to make you aware of what support is available to you, should you have any concerns with regard to your child. You may have noticed that your son/daughter is not behaving in their usual way and may be struggling to cope with the uncertainty of the present situations. This is all totally understandable.

The attached presentation was emailed to your son/daughter this week, it is aimed at giving your child helpful tips to maintaining a healthy lifestyle; as well as ideas for how they can occupy their time and proactive steps that they may wish to take if they are feeling a little overwhelmed at the moment. As with all situations concerning Well-being the emphasis is on self-help, and for the person who is struggling to attempt to engage in activities that boost their wellness. As I am sure you are aware an individual's Well-being is personal to them, unfortunately what works for some may not for others. If you feel that you have had a conversation with your child and they have tried to take pro-active steps to make a difference and they are still no better after a period of two weeks. Then you may wish to consider using the following online resources which are included at the end of my letter.

Alternatively, you may prefer to contact school to which Mr Roberts our Designated Safeguarding Lead proberts@urmstongrammar.org.uk and Mrs Thomason our Deputy Safeguarding lead athomason@urmstongrammar.org.uk are available.

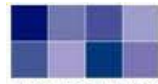
In addition, I have been asked to make the following documents available to you on behalf of the government that were sent out in the first lockdown.



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The first is guidance for families on supporting children and young people's mental health and well-being. This can be found at

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Secondly there is a children's guide to coronavirus which aims to:

- i) answer children's questions about coronavirus,
- ii) tell children how to stay safe and protect other people
- iii) and how to help them make the best of their time at home.

This is available at the following link:

<https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

Both documents will be placed on our website should you wish to refer to them in the future.

Additionally, attached to this email, you will also find some information about courses that are being run in Trafford to support Parents during this time.

Finally I would like to say as a school we appreciate the challenges that come with "home-schooling", I myself am attempting to balance the challenges of teaching my students whilst home-schooling my seven year old. Whilst it is obviously important that your child continues with their education at this time, we are also conscious of putting additional pressure on families in what are already difficult times. Our advice is to do what is manageable for you as a family and remember we are here to offer support and advice on how to approach certain tasks via your child's class teacher.

If you have any questions about anything I have raised here please do not hesitate to contact myself on aevans@urmstongrammar.org.uk

Best wishes to you and your family as we continue to navigate these challenging times,

Mrs A Evans



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Online well-being resources

Youngminds.org.uk

Online support for young people and their parents. Lots of up to date resources focussed around today's climate.

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

Kooth

Kooth offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10pm every day.

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

Childline

0800 1111

childline.org.uk

Free 24-hour helpline for children and young people in the UK.

The Mix

themix.org.uk

Online guide to life for 16-25 year olds. Straight-talking emotional support is available 24 hours a day. Chat about any issue on our moderated discussion boards and live chat room.

Papyrus

helpline: 0800 068 41 41

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

papyrus-uk.org

Provides information and support for anyone under 35 who is struggling with suicidal feelings, or anyone concerned about a young person who might be struggling.

Bereavement

Grief Encounter

<https://www.griefencounter.org.uk>

Supporting bereaved children and young people

Their helpline, grieftalk, can be contacted from 9am-9pm Monday- Friday.

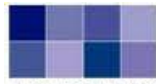
0808 802 0111.



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Winston's Wish

Freephone National Helpline (Monday to Friday, 9am to 5pm) on 08088 020 021.

Cruse (Bereavement Care) Helpline

The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings (open until 8pm), 0808 808 1677.

Apps

Self-help Anxiety Management



This app is helpful for helping the user manage their anxiety. The anxiety tracker can help the user better understand things that make them feel anxious, whilst the self-help toolkit allows them to learn new skills around anxiety management. Some people have found this app helpful to use whilst waiting to access further long-term support or to build on their existing anxiety management skills.

Moodometer



This NHS app allows the user to track and understand influences behind their mood. Acting like a mood diary, this app can be helpful in identifying triggers that can impact on low mood and also suggest ways to lift your mood.

Grief: Support for Young People



This app was created by Child Bereavement UK and bereaved young people. It targets young people aged between 11-25 years old who have been bereaved and are in need of support. It provides the user with information and real life experiences about feelings such as grief that people may experience following a bereavement. It also offers information about where users can access further support if needed.

Calm Harm



This app can be used to help the user manage urges to self-harm. It's a private app and can be password protected. The help and advice provides suggestions of 5-15 minute categorised activities that can help the user 'ride the wave' of an urge to self-harm. The user is signposted to resources that the app determines may be helpful. These suggestions are based on the users answers to questions about what triggered their urge to self-harm.



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