

Wellbeing and Inclusion newsletter



As social distancing and staying at home continues to be the governments guidance it is important for us all to continue to look after our mental health and wellbeing. Here we have put some information and reputable resources together which could help support you and your family if you need it.

Remember that the pastoral team are still contactable via email and there is a Designated Safeguarding Lead and a pastoral member of staff on site each school day. Students can also email talk@thomasestley.org.uk to speak to a member of the pastoral team.

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Coronavirus support and information



Has advice on how to answer questions about the Coronavirus that your child might have

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>



Newsround have created videos to give advice if you're worried about Coronavirus and how to cope if you can't go to school because of Coronavirus

<https://www.bbc.co.uk/newsround/51887051>

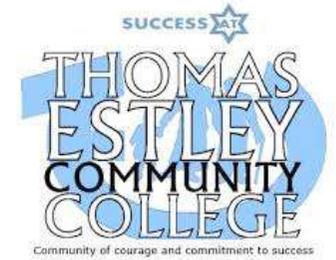
<https://www.bbc.co.uk/newsround/51656718>

Handwashing Advice

The most important thing individuals can do to protect themselves is to wash their hands more often, for at least 20 seconds, with soap and water. Public Health England recommends that in addition to handwashing before eating, and after coughing and sneezing, everyone should also wash hands after using toilets and travelling on public transport. The latest guidance and video on hand washing can be found here: <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>



<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>



The Anna Freud Foundation have some advice on Self Care and your Mental health.

<https://www.annafreud.org/on-my-mind/self-care/>

https://www.annafreud.org/media/8502/final_infographic_self_care.pdf

They have also created a video to support Parents and Carers during this difficult time

<https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be>

The Youth Wellbeing Directory provides a list of free local and national organisations for anyone up to the age of 25, along with important information you may find helpful

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>

Local and national domestic violence support services

women's aid

until women & children are safe

www.womensaid.org.uk

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



01823 334244 - Helping men escape domestic abuse

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



<https://helplines.org/helplines/>

<http://www.uava.org.uk/>

If you have any feedback, if you want to tell us what you would like to see in our future Wellbeing and Inclusion newsletters, or if you would like any further information about the Wellbeing Award then please don't hesitate to get in touch.

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