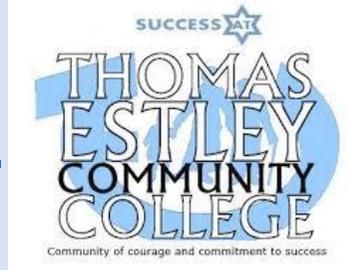


## Wellbeing and Inclusion newsletter





*As social distancing and the challenges of these unrepresented times continue it is important for us all 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.*

*Cathy Cornelius – Vice Principal – [ccornelius@thomasestley.org.uk](mailto:ccornelius@thomasestley.org.uk)*

*Emilia Plumb – SENCO – [emiliaplumb@thomasestley.org.uk](mailto:emiliaplumb@thomasestley.org.uk)*

*Gemma Cooper – Student Wellbeing Manager – [gcooper@thomasestley.org.uk](mailto:gcooper@thomasestley.org.uk)*

*Ashley Munton – Estley Team Leader and Positive Behaviour Mentor – [amunton@thomasestley.org.uk](mailto:amunton@thomasestley.org.uk)*

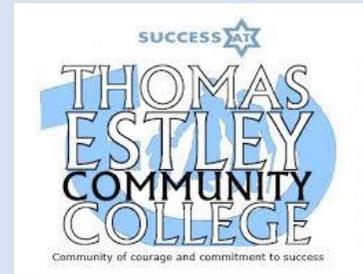
*Caroline Ward – Thomas Team Leader and Positive Behaviour Mentor – [cward@thomasestley.org.uk](mailto:cward@thomasestley.org.uk)*

*Sarah Lee – Thorpe Team Leader – [slee@thomasestley.org.uk](mailto:slee@thomasestley.org.uk)*

*Nick Robinson – Sutton Team Leader – [nrobinson@thomasestley.org.uk](mailto:nrobinson@thomasestley.org.uk)*

*Jane Martin – Sutton Team Leader – [jmartin@thomasestley.org.uk](mailto:jmartin@thomasestley.org.uk)*

*Students can still contact pastoral staff through [talk@thomasestley.org.uk](mailto:talk@thomasestley.org.uk) and someone will get back to them by the end of the next school day..*



## **YOUNGMINDS** Parents Helpline 0808 802 5544

Worried about a child or young person? Call our free helpline for confidential, expert advice.

Call us for free Mon-Fri from 9.30am to 4pm – available in England, Scotland, Wales and Northern Ireland

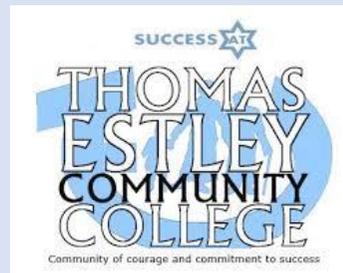
<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

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The Children's Commissioner has created some great insight on what it is like for children in isolation:

<https://www.childrenscommissioner.gov.uk/2020/04/21/lockdown-experiences-what-being-in-isolation-has-been-like-for-children/>

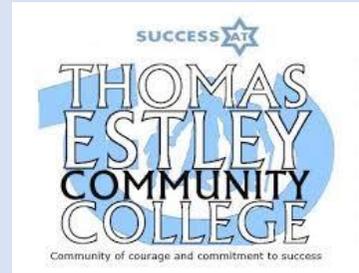
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## MENTAL HEALTH AWARENESS WEEK 18- 24<sup>TH</sup> MAY 2020 – KINDNESS

At Thomas Estley we are recognising Mental Health Awareness week this year with our tutors asking tutees to find some time to take up a task of an act of kindness. Following on from our Sutton assembly before Easter, led by Mrs Johnson, we will be encouraging our young people to think of the positive effects that kindness can have on our mental health. Miss Plumb will also continue to set weekly Wellbeing Challenges promoting acts of self-care. We'll look forward to sharing some of the results of these tasks in the near future. Looking after ourselves as well as others will be what gets us through challenging times! More information will be put on our blog <https://thomasestleywellbeing.blogspot.com> during the week.





## Take Action, Get Active 2020

<https://www.mentalhealth.org.uk/events/take-action-get-active-2020>



The Mental Health Foundation have started a new challenge this May, to get you moving and feeling good.

[Mental Health Awareness Week](#) The challenge is all about being kind to yourself by taking some time out each day to do something for you.

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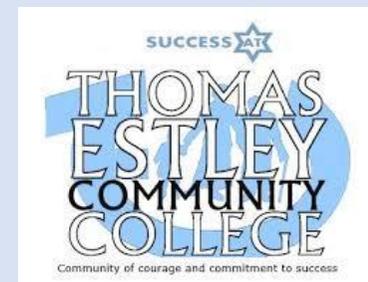
At Thomas Estley we've been seeing regular Wellbeing Challenges during lockdown and have received some fantastic responses from our students showcasing their wellbeing activities. We've shared some of these on our Facebook page and our Wellbeing Blog <https://thomasestleywellbeing.blogspot.com>

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Mindful Warriors have now launched its digital classroom to teach yoga:

<https://www.mindfulwarriors.co.uk/>



## CALM ZONE

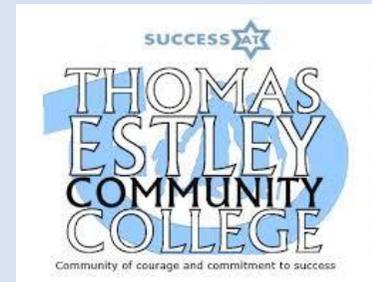
There are lots of ways to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress.

We really like the new Calm Zone toolbox launched by Childline. A toolbox of activities such as breathing exercises, coping videos, yoga videos and games that can help children feel calm in a period of disruption.

<https://www.childline.org.uk/toolbox/calm-zone/>



## Coronavirus support and information



*The British Red Cross have created a Kindness activity set. A set of free and engaging online resources for children and young people to do at home during the coronavirus lockdown which explore and promote the value of kindness. To support you during this crisis we will be regularly publishing new resources for teachers, parents or learners themselves.*

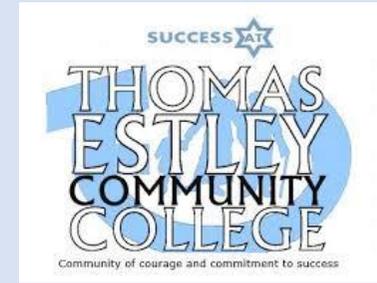
<https://www.redcross.org.uk/get-involved/teaching-resources/kindness-resource-list>

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*The Anna Freud Foundation have some advice on Self Care and your Mental health. They have also created how to guide of coping with loss during lockdown*

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





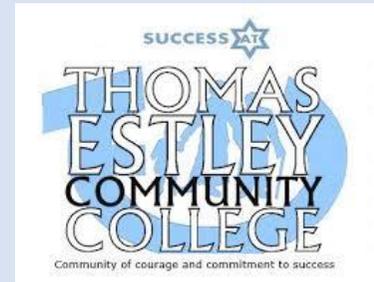
## National Autistic Society

The National Autistic society have created a page with useful information and resources to help support autistic young people and families cope with understanding the coronavirus.

<https://www.autism.org.uk/coronavirus>

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## Supporting children coping with loss and bereavement



Children and young people who have experienced the death of someone close to them are facing particular challenges during the pandemic, whether they were bereaved before the outbreak began or more recently. Alison Penny, Director of the Childhood Bereavement Network, describes how COVID-19 has disrupted children's grief.

Included in this article are some links to some great information and resources we can use with our young people to support them in coping with such complicated emotions around bereavement

<https://www.ncb.org.uk/news-opinion/news-highlights/coronavirus-support-bereaved-children-and-young-people>

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### Don't feel rejected if they don't want you there

They might prefer to have one friend for going out, another to study with and so on. Make allowances for what works for them.



### Listen if they want to talk

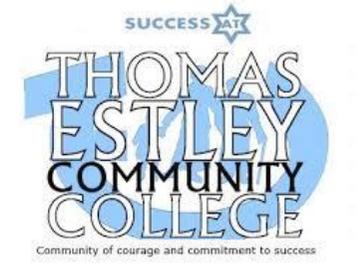
Don't feel you've got to solve anything or say something. You might feel helpless, but just being there and listening can be really helpful.



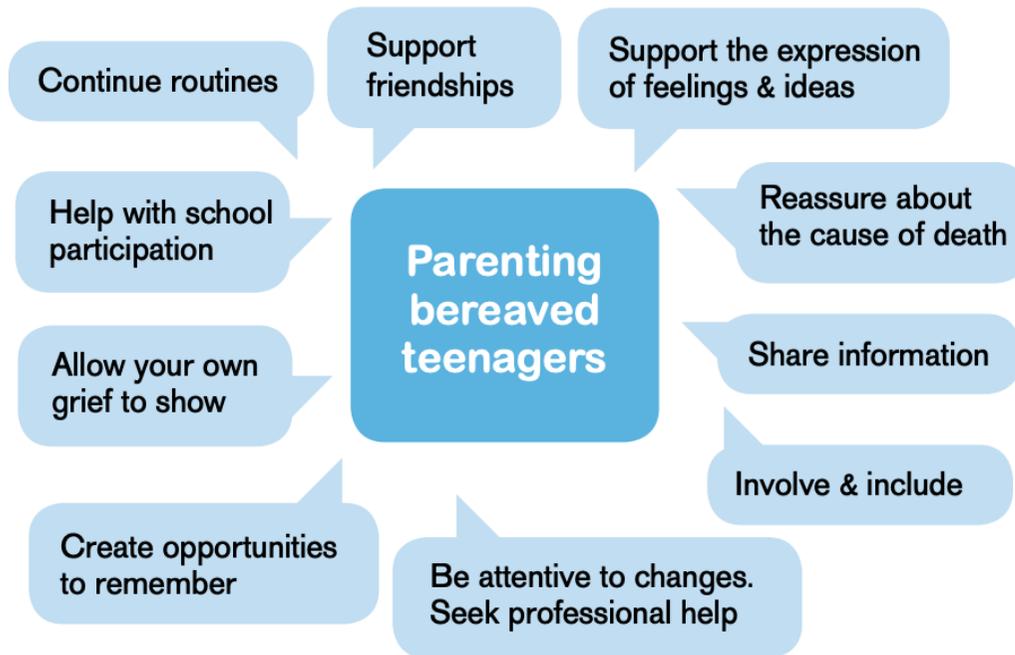
### Share your memories

If it feels appropriate and you're able to, share your memories of the person who's gone, during a chat, or in a card or letter. For the bereaved person, this can feel like being given back little pieces of the person they've lost.

Some tips taken from Young Minds to help young people support their friends who may be struggling with grief.



## My teenager has been bereaved: What can I do to help?



There is information for teenagers on coping with death on [www.barnardos.ie/teenhelp](http://www.barnardos.ie/teenhelp)

Some helpful advice taken from Parenting Positively – Helping Teenagers Deal with Death, link to booklet provided by Barnardos below



<https://ed4health.co.uk/wp-content/uploads/2018/12/Parenting-Positively-Hepling-Teenagers-deal-with-Death.pdf>



BBC Bitesize have created 'six ways to cope with lockdown loss' that could be useful for us to think about when supporting our young people.

In only a few short weeks, life has been turned upside down. Many of our routines have changed overnight. Many of the people we rely on have become distanced from us or are only available on our phone or computer screens. So, how do we find ways forward in these strange times?

<https://www.bbc.co.uk/bitesize/articles/z7xyvk7>

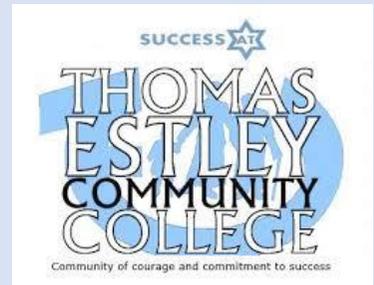
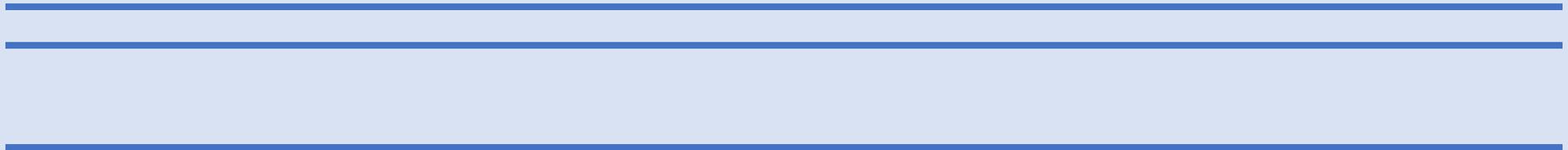


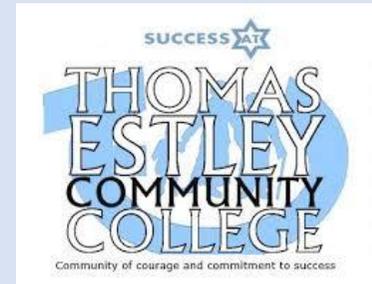
Winston's Wish provides therapeutic support to bereaved children and young people by phone, email and face-to-face, along with online resources and training for professionals.

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

## Our Helpline

Call our Freephone National Helpline on 08088 020 021 for therapeutic advice on supporting a grieving child or young person after the death of a loved one





## Apps for Wellbeing

### Mindful Gnats

An app to help young people develop mindfulness and relaxation skills.

### MindShift

MindShift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises.

### Mood Tracker

A website/app which lets you track moods and sleep patterns helping to manage depression, anxiety or bipolar disorder.

### MoodGYM

MoodGYM is a free, fun, interactive program to help young people with low mood. Based on cognitive behaviour and interpersonal therapy, it consists of five modules, which help you to explore:

- Why you feel the way you do
- Changing the way you think
- Knowing what makes you upset
- Assertiveness and interpersonal skills training

### Recovery Record

Recovery Record is the smart companion for managing your journey to recovery from eating disorders including anorexia nervosa, bulimia nervosa, obsessive eating disorder, binge eating disorder and compulsive eating disorder.

### Rise Up + Recover

Rise Up + Recover is just the app for you if you are struggling with food, dieting, exercise and body image. Based off self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT), it is a simple and convenient app that has been used millions of times around the world.

### SmilingMind

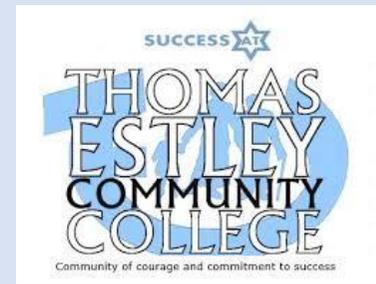
SmilingMind is modern meditation for young people from 7 years up. It is a free web and App-based program, designed to help bring balance to young lives. Smiling Mind was created in Australia and is aimed at helping young people de-stress and stay calm. There are tailored programmes for different age groups.

### SuperBetter

SuperBetter is a free web and app based programme created by game designers. Playing SuperBetter helps build personal resilience: the ability to stay strong, motivated, and optimistic even in the face of difficult challenges. Resilience has a powerful effect on health - by boosting physical and emotional well-being. SuperBetter is for young people over the age of 13 who want to feel happier, healthier, and more able to reach their goals.

<https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/>

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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.

Miss Emilia Plumb – SENCO/Wellbeing Lead – [emiliaplumb@thomasestley.org.uk](mailto:emiliaplumb@thomasestley.org.uk)

Miss Gemma Cooper –  
Student Wellbeing Manager /Wellbeing Lead – [gcooper@thomasestley.org.uk](mailto:gcooper@thomasestley.org.uk)

