



Mental Health and Wellbeing

Useful Information for Parents and Carers

The current Covid-19 pandemic is a difficult time for all members of the school community. With school closures and widespread changes to everyday life, there is much uncertainty which can have an impact on the mental health and wellbeing of children. This pack is designed to help parents and carers respond and support their children's wellbeing during this time. The pack comprises of the whole-school 'resilience and well-being' programme of study, advice from the Bristol Safeguarding in Education team, and shared resources from Families in Focus.

In here, you will find a range of online resources and useful contact details for organisations to support in areas such as mental health, family bereavements, e-safety concerns, financial advice, SEND support and how to talk to our children about coronavirus.

During school closures, you can contact the school via the whole school email address:

info@bishoproadschool.co.uk. This is for essential and priority concerns only, such as safeguarding or changes in family circumstances:

If you are worried about a child or young person's safety or wellbeing, anyone can make a referral.

Contact the **First Response Team on 0117 903 6444**

When the offices are closed call the **Emergency Duty Team on 01454 615 165**

If the child is at immediate risk call the **Police on 999**

Other numbers you can call:

NSPCC 24 hour Helpline: 0808 800 5000 (free from a landline)

NSPCC Text helpline: 88858 (service is free and anonymous)

Police: 101 (non-emergency calls)

Key ways to support your child (based on advice from The British Psychological Society)

1. **Reassure children** - Children can sometimes believe they are responsible for things that are clearly beyond their control. Reassure children that it is the adult's job to make sure things are OK and to keep them safe.
2. **Maintain a normal routine** - Having a plan and a predictable routine for the day can be very reassuring. As adults we like to know what is going to happen, and children like this too.
3. **Place an emphasis on resilience and strengths** - Focus on your child's skills, in terms of their daily life. Encourage them see they have many strengths to help them cope if feeling anxious or upset.
4. **Look for opportunities to help and connect with others** - Friendships are a key resiliency factor for children. You could write a letter to a friend together or establish a group Skype/WhatsApp to stay in touch.
5. **Provide opportunities for children to talk about their feelings** - Sharing worries or asking questions with other family members reduces a sense of vulnerability and isolation. A worry jar could be a good idea for children to write down their worries if they are not yet ready to verbalise them.
6. **Provide opportunities for physical exercise and play** - Exercise helps produce natural chemicals in the brain to help us cope with worry. Play is fundamental to children's wellbeing and development.
7. **Supervise children with screens** – It is likely that children and young people will be using screens more often over the coming weeks e.g. phones, tablets, gaming consoles and the internet.
8. **Look after yourself** - Uncertainty can make all of us feel anxious or worried. Expect stress but try to set aside some time for yourself and identify other adults you can talk to about your own worries.

Talking about Coronavirus with Children

Your children will most likely have questions about the unfolding situation, especially as it will have caused a number of significant changes to their daily routine. Below are some links to help talk about coronavirus together.

'Hi, I'm Coronavirus' Story Book: The artist Manuela Molina has created a free downloadable story book to support and reassure children and is intended to be used as a basis for discussing the full range of emotions arising from the current situation. It is available in different languages

<https://www.mindheart.co/descargables>

ELSA Support: Another coronavirus story book <https://www.elsa-support.co.uk/coronavirus-story-for-children/>

Young Minds: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

CBBC/Newsround: Age appropriate information to share and show children about the coronavirus and what is happening at the moment <https://www.bbc.co.uk/newsround/51861089>

UNICEF: 8 tips for talking to children about coronavirus https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus?dm_i=4W2U,BAIH,1FXRAM,18L55,1

National Association of School Psychologists: Parent Resources: <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources>

Online Safety

Children will be spending additional time on computers, laptops and iPads during this time and therefore more time online. The E-Safety Policy can be found on the school website. These website links below provide a range of free resources and advice for parents and children on how to keep safe online. Stay SMART.

Safer Internet: This site helps parents set up filters on your home internet to help prevent age inappropriate content being accessed on devices in your home. <https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider>

Childnet International: <https://www.childnet.com/parents-and-carers>

Think U Know: www.thinkuknow.co.uk/

Parent Info: <https://parentinfo.org/>

Internet Matters: <https://www.internetmatters.org/resources/esafety-leaflets-resources/>

Mental Health and Wellbeing

Being out of school for an indeterminate length of time, with reduced access to outdoor play facilities and social spaces, is likely to be difficult for many children. These links signpost you to a range of charities, comprehensive resources and helplines.

Anna Freud: Working to transform current mental health provision <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>. This is a highly recommended booklet: <https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf>

MindEd: A free educational e-learning resource for professionals on children and young people's mental health. <https://www.themindedtrust.org/>

Young Minds: Resources and emotional wellbeing tips and advice for parents. Parents' Helpline (Mon-Fri 9:30 – 4pm) 0808 802 5544 <https://youngminds.org.uk/>

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

Place2Be: Providing emotional and therapeutic services in primary and secondary schools, building children's resilience through talking, creative work and play. <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

NSPCC- The NSPCC website provides a variety of information and support on topics ranging from Mental Health, drugs and alcohol awareness and sexual behaviour in children as well as many other areas of concern <https://www.nspcc.org.uk/keeping-children-safe/>

Self Harm UK: A UK based charity that offers support. Useful facts, information, and advice to parents and young people www.selfharm.co.uk

Employment and Financial Support

There's financial help available if you've had an income drop as a result of COVID-19; This may include losing your job, losing contracts or your household income reducing because someone else in your family household is self-isolating or in hospital.

Bristol City Council: <https://www.bristol.gov.uk/benefits-financial-help>

Talking Money: An independent charity providing free, confidential advice to individuals. 0117 954 3990

Statutory sick pay (SSP): <https://www.gov.uk/statutory-sick-pay>

Universal Credit: <https://www.gov.uk/universal-credit>

Employment and Support Allowance (ESA): <https://www.gov.uk/employment-support-allowance>

Your rights if your hours are cut or you're laid off: <https://www.gov.uk/lay-offs-short-timeworking>

What to do if you cannot pay your tax bill on time: <https://www.gov.uk/difficulties-paying-hmrc>

Other Family Situations

Some families will have additional needs during this time. Please get in touch using the whole school email address to speak to a member of the school team if you have any concerns/change in circumstances.

Young Carers: Advice/support for carers in Bristol telephone 0117 965 220 or visit:
www.carerssupportcentre.org.uk

SARI: Stand Against Racism and Inequality <https://www.sariweb.org.uk/help-support/online-reporting-form/>

Next Link: As well as domestic abuse support services we provide women's mental health support services and independent support for victims of rape and sexual abuse <https://nextlinkhousing.co.uk/> Domestic abuse telephone help lines are open 10am – 4pm Monday to Friday, 0117 925 0680

National Domestic Violence Helpline: Freephone: 0808 2000 247, currently available 24/7

FRANK: Support, advice and information on any issues or questions relating to drugs and alcohol 24/365 Helpline 0300 123 6600 SMS 8211 www.talktofrank.com

Family Bereavement

A number of children attend small group or 1:1 sessions in school with an Emotional Literacy Support Assistant (ELSA) following the School Referral Pathway. These sessions are unfortunately unable to run due to school closures; however, the school can offer some support on an individual basis for children who are learning at home. Please do get in touch using the whole school email address if your home situation changes or you need additional support.

Child Bereavement UK: A charity that supports families who have experienced the loss of a child or when a child is facing loss. www.childbereavementuk.org . The team is available to take calls (0800 02 888 40) and respond to emails (support@childbereavementuk.org) and Live Chat 9am–5pm Monday–Friday

Grief Encounter: Supporting bereaved child in the UK in receiving the best possible help, recognition and understanding following the death of a family member, loved one, friend or teacher. Live chat option, 0808 802 0111, Mon–Fri 9am–9pm <https://www.griefencounter.org.uk/professionals-schools/>

Cruse Bereavement Care: Offering support, advice and information to children, young people and adults when someone dies. <https://www.cruse.org.uk/> Free helpline: 0808 808 1677, helpline@cruse.org.uk

Winston's Wish: <https://www.winstonswish.org/>

SEND Support

Whilst the school is providing educational provision for vulnerable children, many children with EHC plans can safely remain at home. It is important to talk with children about the coronavirus to ensure they have the information they need, but without unnecessarily frightening them. Social Stories are widely used in school to support children with additional needs and younger children. These stories provide reassurance and comfort when repeated together and could cover areas such as: handwashing, why children are at home and not at school, and explaining the pandemic more generally. Below are examples of what a social story could look like (from the Bristol Autism Team).

Carol Gray Social Stories: <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

National Autistic Society: From 23 March 2020, the Autism Helpline and Supporter Care teams will be responding to enquiries using email and webforms only. Email supportercare@nas.org.uk

Further resources can be found here: <https://www.autism.org.uk/services/nas-schools/anderson/news/2020/march/coronavirus%20resources%20for%20parents.aspx>

Below is an example of what a social story could look like (from the Bristol Autism Team).

<p style="text-align: center;">Social Story</p> <p style="text-align: center;">Coronavirus Covid19</p>	<ul style="list-style-type: none">• Coronavirus can be called "Covid19".• Coronavirus is a new type of flu.• A flu will make you feel sick, but it is ok, you will feel better again. 
<ul style="list-style-type: none">• I can keep safe from Coronavirus by washing my hands with soap and water.• I will wash my hands before I eat my food.• I will wash my hands after I sneeze, blow my nose or touch my mouth.• I will wash my hands after I go to the toilet.• I will be safe with my lovely clean hands. 	<ul style="list-style-type: none">• I will not bite my nails or put my hands in my mouth.• I will cover my mouth when I cough or sneeze.• If I am not feeling well, I will tell a grown-up.• I will not give my friends or staff high 5's, hugs or fist bumps until everyone is feeling better.• I can do other things to be friendly, like give them a wave, an elbow bump or a dab! 
<ul style="list-style-type: none">• My school might need to close for a while- everyone will stay at home instead.• It will be closed to let everyone get better.• A grown-up will let me know when I can go back to school. 	<ul style="list-style-type: none">• Just like other types of flu, coronavirus will go away soon.• I don't need to feel worried, but if I do I can talk to an adult.• I will keep safe! Hurray! 

Further Information About Bishop Road's Commitment to Pupil Wellbeing

One of the school's aims is to promote positive mental health, wellbeing and resilience for the whole school community (children, staff, parents and carers). The school's role is to ensure that children are able to manage times of change and stress and that they are supported to reach their potential or access help when they need it. The school also has a role to ensure that children learn about what they can do to

maintain positive mental health, what affects their mental health, and where they can go if they need help and support.

Five Ways to Wellbeing

Bishop Road uses the 'Five Ways to Well-being'. Teachers aim to provide pupils with opportunities to practice all five in class, during assemblies and during play times. This will ensure that pupils are equipped with the tools to support their mental wellbeing and emotional needs now and in the future.

Connect – make contact with people, talk and have fun

Be Active– move around to aid mood and general health

Take Notice– look around you, be present and aware

Keep Learning– develop new skills

Give– help others, contribute to the community

Picture Books to Support Mental Health



1. *Silly Billy by Anthony Browne*

Billy worries obsessively about everything until Grandma suggests that worry dolls might help him to cope better. This book takes a sensitive and gentle approach to dealing with childhood anxiety. Many of Browne's other books are also good for supporting discussion around emotions.

2. *The Colour Thief by Andrew Fusak Peters*

This is a simple, heart-warming tale which helps to open up the conversations around depression and to support young children whose families have been affected.

3. *You're a Rude Pig, Bertie! by Claudia Boldt*

Bertie, the rude pig, is a good example of how unkind behaviour can drive away friends – and what you need to do to put things right.

4. *Hello Happy! and No Worries! in association with Child and Family Psychotherapist Sharie Coombes*

These are activity books aimed at young people who might feel sad, angry or worried. Activities include drawing what makes them happy, sad, and mad, which helps create platforms for discussion.

5. *Bob's Blue Period by Marion Deuchars*

Bob's best friend Bat has to go away for a while and Bob feels so sad that he paints everything in blue. However, his other friends get together to show that there are many other beautiful colours in the world

and Bob starts to feel better. This is a great book about expressing emotions and how to feel better when you're "blue".

6. Beyond the Fence by Maria Gulemetova

Thomas thinks he knows what's best for his friend Piggy and orders him around. Piggy becomes sad until he meets a wild pig, who helps to show him what true friendship really means.

7. The Huge Bag of Worries by Virginia Ironside and Frank Rodgers

Jenny carries a huge bag of worries with her wherever she goes and is desperate for someone to help her. This book shows children that a problem shared is a problem halved.

8. Happy, Sad, Feeling Glad by Yasmeen Ismail

This is part picture book and part activity book. Children are asked to help draw illustrations of things that might make the animal characters feel happy, thereby reinforcing their own stores of good memories.

9. My Daddy's Going Away by Christopher MacGregor and Emma Yarlett

Children whose parents often work away from home in the military, or in other professions, could benefit from this book, which is sensitively written by Colonel Christopher MacGregor, based on his own experiences of deployment.

10. Black Dog by Levi Pinfold

The youngest and bravest member of the Hope family is the only person who tames the Black Dog, a metaphor for depression, which grows bigger and bigger each time you try to ignore it. A particularly useful book for children who live with parents with mental health challenges.

11. Augustus and His Smile by Catherine Rayner

Augustus the tiger has lost his smile and is feeling sad. However, as he starts looking for it, he gradually discovers that joy can be found in all sorts of everyday situations.

12. Sad Book by Michael Rosen and Quentin Blake

This lovely book discusses Michael's grief at his son Eddie's death from meningitis. It is reassuring in its message that, while sadness is often unavoidable and difficult, there are better days too.

13. Beautiful Oops! by Barney Saltzberg

This fun book helps perfectionists to see that mistakes and accidents can actually turn into things that are quite amazing.

14. On Sudden Hill by Linda Sarah and Benji Davies

Sometimes strong friendships can break down when a new person joins the group. Try using this book for children struggling with playground politics or those who don't know how to share friendships.

15. My Many Coloured Days by Dr Seuss

This title explores the different moods and emotions a person can feel on any given day and helps children understand how common those moods are and how to identify them.