



Kings Meadow School

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Dear Parents/Carers,

I hope that you are all staying safe and well?

As we move closer to the end of this half term, there is a lot of uncertainty around how lockdown number 3 will be eased, as well as disrupted routine and restricted freedom that we are all experiencing. It is understandable that some people will be feeling anxious, there could be increased levels of loneliness and some people may also be having difficulty sleeping, as adults and young people all encounter new situations and may experience new emotions. A lot of families up and down the country are working to learn strategies to cope with these difficult feelings and to support this, many experts are providing guidance.

Below are some links to resources to use with your children, or to use yourself, to lessen feelings of anxiety and to improve your wellbeing. There are tips, practical activities and videos to help support you.

As always, please remember that if you are struggling, please feel free to contact the school. It's important to remember that we are all in this together.

Resources for young people to support them with anxiety

- <https://www.savethechildren.org.uk/what-we-do/coronavirus/resources/learning-at-home/relaxation-exercises-to-do-at-home-with-your-kids> - Relaxation activities for young people
- <https://www.mentallyhealthyschools.org.uk/media/2001/emotion-wheel.pdf> – Emotional wheel to help children of all ages to talk about their feelings
- <http://www.moodcafe.co.uk/media/26930/Relaxleaflet.pdf> – Guided relaxation
- <https://www.mentallyhealthyschools.org.uk/media/2003/emotional-check-in.pdf> – Emotional check in
- <https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm> – techniques to help younger children to keep calm
- <https://www.mentallyhealthyschools.org.uk/media/2013/self-care-kit-covid-19.pdf> – self care kit
- <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/> - advice on depression, anxiety and mental health
- <https://www.mentallyhealthyschools.org.uk/media/2022/anxiety-thermometer.pdf> – anxiety thermometer
- <https://www.elsa-support.co.uk/coronavirus-14-day-self-isolation-activities/> - a 14 day calendar of activities



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- <https://teammentalhealth.co.uk/wp-content/uploads/2020/03/The-complete-6-week-Wellbeing-Through-Sport-Activity-Programme.pdf> – wellbeing through sport activity programme
- <https://www.mentallyhealthyschools.org.uk/media/2005/sentence-starters.pdf> – sentence starters to help young people talk about how they are feeling

Resources for adults to support their children and themselves with anxiety

- <https://www.nhft.nhs.uk/camhslive> - speak to a consultant live and online Monday-Friday, 9am-7pm
- <https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/> - a great parents/carers section of useful resources, hints and tips
- <https://www.northamptonshire.gov.uk/councilservices/children-families-education/SEND/local-offer/advice-and-information/1952-family-lives> - professional, non-judgmental support in all aspects of family life.
- <https://www.annafreud.org/media/11465/helping-cyp-manage-anxiety-apr2020-v3.pdf> – resource for adults to help young people to manage anxiety
- <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide> -a self help guide for adults to work through anxieties
- <https://www.facebook.com/AFNCCF/videos/556309118348880/> - videos to help children and young people deal with anxiety
- <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/> - helping your child with anxiety

Loneliness

- <https://www.actionforchildren.org.uk/how-to-help/support-our-campaigns/jo-cox-commission-on-loneliness/tips-for-parents/> - tips if your child is lonely

Sleep

- <https://www.northamptonshire.gov.uk/councilservices/children-families-education/SEND/local-offer/health-services/84-scope-sleep-right-northamptonshire> supports families of children with special educational needs and/or disabilities aged 2-19 years, who have severe sleep problems and live in Northamptonshire.



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- <https://www.evelinalondon.nhs.uk/our-services/hospital/sleep-medicine-department/coronavirus-sleep-tips.aspx> - sleep tips for families
- <https://www.sleepscotland.org/support/gateway-to-good-sleep/how-to-get-a-good-nights-sleep/> - advice on how to get a good night's sleep
- <https://www.adhdfoundation.org.uk/wp-content/uploads/2017/05/Good-Sleep-Hygiene-Checklist.pdf> - checklist for how to get a good night's sleep

Online safety guidance

- <https://www.thinkuknow.co.uk/>
- <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/#cyberbullying>
- <https://www.net-aware.org.uk/networks/?page=2&order=title>

Food banks

Please contact Paula Jones

Email: pjones@kingsmeadow.northants.sch.uk

School: 01604 673730

Mobile: 07731110563

Other helpful links

- <https://www.relate.org.uk/find-my-nearest-relate/outpost/northampton-relate> - currently offering free advice for couple relationships and relationships in the whole family
- <https://parents.actionforchildren.org.uk/chat/> - Free and confidential live chat with a qualified parenting coach.
- <https://www.mentallyhealthyschools.org.uk/media/2028/brain-breaks.pdf> - can be used to break up periods of concentration
- <https://www.partnershipforchildren.org.uk/uploads/Files/PDFs/Resilience%20Activities/Creating%20a%20Routine.pdf> – creating a routine
- <https://www.childline.org.uk/toolbox/> - activities to encourage young people to talk
- <https://youngminds.org.uk/starting-a-conversation-with-your-child/activities-and-conversation-starters-during-the-coronavirus-pandemic/> - conversation starts about coronavirus



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