

18- 22 May 2020



It's Mental Health Awareness Week.

This year's theme is **kindness**.

Dear Parent/Carer,

As we know, it is always very important to look after our mental health and that of our children, but it is especially important at this difficult time.

Please find information below which may be of some help to guide you through any concerns you may have. Please also look in our letters section to see the letter dated 26th March 2020 which gives details of organisations which can be trusted for their advice.

There is lots to read but don't forget that a problem shared can be a problem halved, so please ring the school office to ask to speak to a member of staff if you have concerns about your child's mental health or if you want us to discuss anything in this letter.

The office staff can put you through to Jill Smith - our Early Help Lead or Lindy Naphine - our Assistant Head for inclusion. Sometimes a chat can help to sort things out a bit more.

As the theme this year for mental health awareness week is KINDNESS, let's start by being kind to ourselves and those close to us! Deep breaths everyone!

Lindy Naphine

Assistant Head for Inclusion

Health Advice from CLCH School Nurses

Please find attached the helpful advice documents from the Central London Community Healthcare NHS Trust's School nurses for use in schools with parents and teachers.

- [Primary School Resource](#)
- [Coronavirus Childrens Guide - The Autism Educator](#)
- [Coronavirus Guide for Parents](#)

Clare Slater-Robins
Senior Children and Young People Commissioner

School Nurse Support to Children and YP during Coronavirus

For Information

Please see the documents below for details how parents and young people can access a school nurse for advice:

- [0-19 Services Duty Line Flyer](#)
- [Barnet School Nurse Duty Line Poster](#)

Clare Slater-Robins
Senior Children and Young People Commissioner

Parent Consultations - Barnet Educational Psychology Team

We are offering 45 minute phone consultation slots in June 2020 for Barnet parents and carers. The EP consultations will also be advertised on the Local Offer <https://www.barnetlocaloffer.org.uk/> and new slots will appear as they become available.

Parents can email Victoria Burr at EandSFOI@barnet.gov.uk to sign up.

Monday 1 June

- 10am - 10.45am
- 11am - 11.45am
- 3pm - 3.45pm

Wednesday 17 June

- 10am - 10.45am
- 11am - 11.45am
- 3pm - 3.45pm

The slots will be booked on a first come, first served basis.

Sarah Geiger
Senior Educational Psychologist

Starline: Parent Helpline

A national helpline has been set up for parents and carers struggling with home-schooling and managing child behaviour during the Covid-19 crisis.

Free, confidential advice is available six days a week by phoning the StarLine team on 0330 313 9162. Starline will also be broadcasting a weekly programme on YouTube, sharing practical ideas for home learning.

Further details can be found on the StarLine website www.starline.org.uk or follow [@StarLineSupport](https://twitter.com/StarLineSupport) on Twitter.

Perryn Jasper
Prevent Education Officer

Childline: Launch of Calm Zone

Childline has launched Calm Zone - an online hub of calming techniques and resources for young people to help them feel better when they feel anxious, scared or sad.

www.Childline.org.uk

Telephone Support During Covid-19 from Barnet Integrated Clinical Services - BICS

As a service, we are aiming to continue to offer telephone, skype and video support to vulnerable children young people and families across the Borough.

To achieve this, we have set up a single point of contact for BICS Early Help services, which offers

support to young people, families and carers who are struggling with mild to moderate social, emotional, behavioural and mental health difficulties. We are offering the following:

1. Telephone support and consultation to professionals during this period. We can offer signposting, therapeutic support and advice where there are concerns around a child's social, emotional, behaviour or mental wellbeing
2. We will also offer direct support, advice and guidance to families, young people and carers. Young people and/or their families/carers can call the single point of contact, and a clinician will return their call. The clinician will take information about the young person's presenting need and offer advice/support accordingly

You, colleagues or families can access the support by phoning 079260 85495, 9am to 5pm. Our admin team will take some brief details about the young person, and a clinician will call you back as soon as possible.

Dr Anindita Sarkar
Clinical lead, Barnet Integrated Clinical Service

Coronavirus - A Book for Children

A [book for children](#) to support discussion around the changes happening around the world.

- https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf

This is free to download: Axel Scheffler, illustrator of The Gruffalo and author of many other award winning books for children, has teamed up with Elizabeth Jenner, Kate Wilson, Nia Roberts and Professor Graham Medley to create Coronavirus: A Book for Children from Nosy Crow Books.

The book is completely free to download and is aimed at helping primary aged children understand the immense changes happening around the world. This is an invaluable book for parents who are looking to support their younger children and offer some reassurance.

The Children's Commissioner have also produced a [Coronavirus Guide for Children](#) that you may find useful.

Joann Moore
Inclusion Advisory Teacher/BPSI Consultant

Parent Resources for online safety

NSPCC online safety:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Educate Against Hate (online radicalisation):

<https://educateagainsthate.com/online-radicalisation/>

Parent Zone advice and guidance.

<https://parentzone.org.uk/home>

A guide to Apps:

<https://www.internetmatters.org/resources/apps-guide/>

Tips on how to support your child at home - ThinkUKnow

2. Educating yourself on the different apps and security features - NSPCC Net-Aware
3. Screen time tips – Webwise
4. Talking to your child about scary world news – Mental Health Foundation
5. Helping you to identify fake news – Common Sense Media
7. Top tips for Parents for Online Safety - LGFL
8. Resources to help you to understand how to keep your child safe from extremist views – Educate Against Hate
9. Information for parents on school closures – Department for Education

Differentiation Home Learning for Autistic Students

Autistic young people may be struggling with emotional regulation during this period of significant and unplanned change. The emotional well-being of students and their families should always be paramount at this very difficult time. Planning differentiated work around their interests and ensuring that tasks are enjoyable and achievable can have a significant impact on the well-being of autistic students and their families.

[Attached are some top tips](#) to support staff in differentiating home learning for autistic children/YP. Please contact your allocated autism advisory teacher if you would like more support with this.

Kathleen Tripp

Lead Autism Advisory Teacher

Coronavirus: supporting children and young people's mental health and wellbeing

Source: Public Health England, 30/03/2020

Public Health England (PHE) has published advice for parents and carers on looking after the mental health and wellbeing of children or young people during the coronavirus outbreak. The guidance covers: helping children and young people cope with stress; how children and young people of different ages may react; children and young people who are accessing mental health services; children and young people with learning disabilities; autistic children and young people; children and young people who care for others; and bullying. The guidance will be updated in line with the changing situation.

- Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak

The following organisations have good websites to help:-

· Anna Freud National Centre for Children and Families · Big White Wall · The Children's Society/The Resource Vault offers advice on a range of mental health issues for children and young people · Child Bereavement UK · Epic Friends · Healthwatch Essex · Kooth is a free, confidential, safe and anonymous way for young people aged 11-25 to ask for help from a team of highly qualified and experienced counsellors and support workers. · Mentally Healthy Schools · MindEd · My Mind · Papyrus · Samaritans · Time to Change · Young Minds / Crisis Messenger



BE KIND!