



6 January 2021

Dear Parent/Carer

SUPPORTING MENTAL WELL-BEING

The announcement of a second national lockdown due to the coronavirus pandemic may cause you to feel anxious, stressed, worried, sad, helpless, overwhelmed, confused or angry. It's important to remember it is OK to feel this way and that everyone reacts differently to different events. As a parent there are some simple things you can do to help you take care of your mental health and well-being during times of uncertainty and doing so will help you think clearly and make sure you are able to look after yourself. Please see a link below that I have previously sent to parents in regards to accessing guidance and support during this difficult time.

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

I have also attached again, the information booklet for Supporting Mental Health & Well-Being and the student daily task sheet.

The schools will also be restarting our weekly 'Well-being Matters' challenges from next week. Details will be emailed home shortly.

Please take care and stay safe.

Dan Vile

Mr D Vile
Assistant Head teacher
DPV