



30 March 2020

Dear Parents/Carers

## **Re: Emotional and physical wellbeing**

As we reach the end of the first week with most students working from home, I hope that families are managing to stay safe and well. At this time, the overriding factor is the wellbeing of all in our families and in our communities. I want to say a huge thank you, for working together with us to continue to support our young people during this difficult time.

I am very proud of Brockington College students, who I know have been logging on and working hard on the activities staff have set, which have been devised to help them keep some structure to their days, continue good habits for learning and let them know that their teachers are thinking of them.

I expect that you have established new routines at home and are finding what works for you in your individual family situations. I don't think anyone would deny, that some days may be more of a struggle and therefore I wanted to share some resources with you to support your child's emotional wellbeing. They have been kindly put together by our school counsellor, Miss K McPherson, who can be contacted via email at [km@brockington.leics.sch.uk](mailto:km@brockington.leics.sch.uk)

[YoungMinds](#), the UK's leading charity fighting for children and young people's mental health, also has some helpful suggestions.

### **Some ideas of things young people can do to support themselves if feeling anxious and/or low**

- Go outside in your garden
- Ask for help/talk to people/use one of the helplines or websites below
- Create something
- Write about how you feel/create a journal
- Breathing exercises – breathe in through your nose and out through your mouth
- Find a positive distraction (reading, drawing, watch something light-hearted, games puzzles and word searches).
- Listen to soothing songs
- Self soothe – take a warm shower or bath, find a grounding object
- Put your feet on the floor and push your toes into the ground
- Drink water
- Exercise
- Eat healthily
- Visualisation – spend a sort period of time thinking about your favourite or safe place

### **Online/telephone support**

The following organisations provide support on emotional issues and are there in times of need.

- **Shout/Young Minds – Text Shout to 85258**  
Shout is the UK's first free 24/7 text service for anyone in crises anytime, anywhere. It is anonymous and will not show on your phone bill. They can help with urgent issues such as suicidal thoughts, abuse or assault, self-harm, bullying and relationships. If you need urgent help, you can message the Young Minds Crisis Messenger for free by texting YM to 85258.
- **Kooth – [www.kooth.com](http://www.kooth.com)**  
Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop, and free at the point of use.
- **Young Minds – <http://www.youngminds.org.uk/>**  
Young Minds is the UK's leading charity fighting for children and young people's mental health. The website provides resources and information.



- **Childline – [www.childline.org.uk](http://www.childline.org.uk) or 0800 1111**

Childline has an interactive website for support, which includes a helpful toolbox feature. There is also lots of information about ways to support yourself if you are struggling. You can talk to them about anything. No problem is too big or too small. However, you choose to contact them, you are in control. It is confidential and you do not have to give your name if you do not want to.

- **PAPYRUS – 0800 068 4141/text 07786 209697**

PAPYRUS is a free national helpline that provides confidential practical advice for young people who are not coping with life.

### **Physical wellbeing**

It will also be vital that students maintain their physical wellbeing. Exercise is an amazing tool to help us feel more energised, and more optimistic. Please encourage students to take care of their physical health and wellbeing. They can still go outside to exercise, such as a walk, run, cycle, provided they are doing so in a way that meets the [latest guidance on social distancing](#). Alternatively, there are many online sessions to take part in; a simple google search will provide variety of activities. I know a number of Brockington staff and students are already taking part in the Joe Wicks daily workout, in order to keep moving and stay healthy and positive. You do not need any equipment, just tune in to the [Body Coach YouTube channel](#) at 9am each morning for a 30-minute, fun workout. Furthermore, Leicester-Shire and Rutland Sport have devised a new website to help you stay [#HealthyAtHome](#) which has many useful suggestions.

Finally, I would like to say a huge thank you for your messages of gratitude and support, which I am forwarding to the whole staff team. Your kind words mean an awful lot as we all pull together as a community to support each other through this period. Please do all you can to take care of yourself and your families.

Yours sincerely



Sadie Batstone  
Principal

