



January 2021

Dear Parents/Carers

Re: Accessing pastoral support

We have now reached the mid point of the half term, where the vast majority of students are learning remotely and we have our timetable of live lessons embedded. We would now like to ensure that all students are given the opportunity to access small group or one to one pastoral support with their pastoral manager and/or head of year. We are aware that some students would ordinarily have face to face contact with a member of the pastoral team on a daily or weekly basis and feel it is important that this connection and support can continue where students feel there is a need.

We have previously sent out information regarding top tips for students to use to promote positive mental health benefits, as indicated by the mental health charity '[Young Minds](#)':

- go outside in your garden
- ask for help/talk to people/use one of the helplines or websites such as [Kooth](#) and [Shout](#) and [Health for Teens](#)
- 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.

If you feel that, your child would benefit from additional support via a secure google classroom link, which would enable them to speak face to face with their head of year or pastoral manager, then please contact the relevant year team for your child. This support is not specific to mental health support, it could be regarding Post 16 applications, general work queries and issues, or just to check in with a familiar face. The following table contains links to the email of the specific year groups.

	Pastoral Manager	Head of Year
Year 7 Team	Mr S Coombs	Miss A Gaskell
Year 8 Team	Mrs H Underwood	Mr T Clark
Year 9 Team	Mr T Smith	Mr M Higham
Year 10 Team	Mrs G Heath	Mr J Marsden
Year 11 Team	Mr L Mayes	Mr J Marsden

For further information or to raise any questions please do not hesitate to contact me via email at sjh@brockington.leics.sch.uk or on 0116 2863722 via school reception.

Yours sincerely

Miss Sarah Heggs
Assistant Principal

