

Parent Message

Hi Parents....Keep Safe.

Countdown to September.

St Andrew's Awaiting its Children and Families.

As many of you know, my team and I have continued to monitor our pupils wellbeing even during Lockdown and partial reopening.

Parent's openness in communicating concerns has helped enormously. Covid 19 has affected many and this includes emotional and mental health issues as well as a rise in anxiety....with adults and our young kids.

We are fully aware that some kids/ adults have not been effected in the slightest, but for others it is the exact opposite with really serious growing concerns about all levels of anxiety.

My 'Countdown to September ' Parent email Messages and regular Twitter feeds are all about trying to raise confidence and reminders about the caring, loving role of our school to its families and wider community.

Today, I attach some various links which you may find useful...if maybe not for yourself or your own children then at least in raising awareness of the difficulties many families find themselves in regarding growing anxiety caused by Coronavirus.

The information is designed to help school staff but I thought parents would also benefit from some of the issues discussed.

This is the letter which originally preceded the actual attachment - a combined production from 'Headstart' and NHS - it includes contributions from MIND - one of our chosen charities.

Keep safe. God Bless.

Regards,

Graham Huckstep

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Hello

As part of the Emotional health and wellbeing covid recovery plan schools asked for bitesize training sessions on a number of topics to help prepare for the new academic year when its expected all children and young people will return to school.

After such a difficult few months it's to be expected some may struggle to adapt and reintegrate so the following training films were put together by HeadStart Hull delivery partner Hull and East Yorkshire Mind on the topics of:

- Conversations with young people about mental health
- Normalising anxiety
- Anxiety and trauma
- Introduction to mindfulness

Also included on the attached is a training session on Understanding behaviour by Humber Foundation NHS trust.

Finally there are links to two short films made with young people for young people.

Understanding identity – Step out (young LGBT group) run by Cornerhouse and the Warren

Transition from primary to secondary - young people peer mentor project (Cornerhouse)

We hope you will find these resources useful . They can be watched at any time via the links on the attached.

Attachments

 [Hull EWB Online Training.pdf](#)