



# King Henry VIII School

## Wellbeing Team Support Pack

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Dear Parents and Carers,

During this difficult time, the Wellbeing Team at KHS wanted to make sure that you all knew, that even though our school is currently closed, we're still here to support your child and your family in whatever way we can.

You might be noticing signs of increasing anxiety in your child as they're spending more time indoors and outside of their normal routines. These might include:-

- ✓ Acting out – this might include things like picking fights with you or with siblings or abusing alcohol or drugs;
- ✓ Incessantly worrying about missing school or having to return to school;
- ✓ Becoming afraid to leave the house;
- ✓ Distancing themselves from their friends and family;
- ✓ Exhibiting intense emotions but being unable to talk about what they're feeling.

We've put together some resources to help you support your child. We hope you find this information helpful.

If you have any concerns about how your child is managing their mental health and wellbeing, or if you need any other wellbeing support from the school, please let us know by contacting us. The King Henry VIII School Wellbeing Helpline (01873735323) is staffed from **12pm – 3pm on Mondays, Wednesdays and Fridays**. The Wellbeing Team can also be contacted through a dedicated Wellbeing email address [KHS.LearningHub@KHS.schoolsdu.org.uk](mailto:KHS.LearningHub@KHS.schoolsdu.org.uk). Students can access support through the virtual Learning Hub in Google Classrooms, class code 'g7bavoh'.

Please remember that there are different contact details for any questions about e-learning or IT. If you would like to speak with a member of staff about e-learning or IT issues, please call the main school reception on 01873735373 or email [info@khs.schoolsdu.org.uk](mailto:info@khs.schoolsdu.org.uk).

We're extremely grateful for all the support you've shown us as we've adapted to these new circumstances, and we want to reassure you that we are still here to support you too.

We can and will get through this together.

Best wishes,

The King Henry VIII School Wellbeing Team



## Take care of yourself

It's really important right now to take care of your own physical and mental health. Children are very perceptive, and they react to what they sense from the adults around them. At this difficult time, it is more important than ever to plan your family's activities around the Five Ways to Wellbeing:-



## King Henry VIII School Top Wellbeing Tips

In addition to this, here are more things you can do to help keep yourself and your family well and healthy:-

- ✓ **Connect with others and keep in touch** – maintain relationships with people you care about through phone calls, texts and some time on social media. Try to use video calls if you can, WhatsApp allows you to do this for free if you are connected to WiFi;
- ✓ **Exercise** – take some time every day to move. You could go for a walk or run, do yoga or aerobics, play sport indoors, or access YouTube and do Joe Wicks PE. You'll also find lots of fitness videos online for everything from yoga to dance. Find something you enjoy and that makes you feel good – see our website for ideas of different activities that you could do here;
- ✓ **Eat healthy meals** – try to keep a well-balanced diet and drink enough water – now is a great time to cook together with you child;
- ✓ **Get some sleep** – being anxious or worried can have a big impact on your sleep. If you're struggling to get a good night's sleep, try to develop a calming bedtime routine – for example, do 10 minutes of yoga or listen to calming music. There are also Apps you can download that provide guided meditation to help you get to sleep more quickly;
- ✓ **Turn off the news and manage your media**– it's important to keep up to date, but the 24-hour news cycle can make you more anxious. Limit your exposure to the news to only a small amount of time, just enough to know what the latest government guidance is. It may be worthwhile to try to limit your use of social media and manage what you are accessing as often perspectives can be distorted online. Beware of scaremongering and 'fake news';



- ✓ **Do things you enjoy and take time to relax** – now that we’re all spending more time at home, we can finally take up that hobby we’ve always meant to learn. Try baking or gardening or learning to knit. Listen to music or make Spotify playlists and share them with your friends and family, read, sing, dance, write a journal, play games, listen to podcasts (check out our new school podcast here). These are also great activities we can share with our children;
- ✓ **Set goals and plan** – it’s easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of walking for half an hour at least 3 times this week or reading a new book. Also, make plans of what you want to do in the future – this situation won’t last forever so plan something for you and your family to look forward to;
- ✓ **Connect with the outdoors** – depending on where you live, it may not be possible to spend time outside. If you don’t have a garden or terrace, you can still open a window to let some fresh air and sunlight in. Put a comfortable chair by the window so you can look outside and get some air as you read a book;
- ✓ **Learn and keep your mind active** – doing schoolwork at home will not mirror going to school and we do not expect the experience to be the same, or for students to work for 5 hours a day. However, it is a great opportunity for children to read that novel they’ve been meaning to read, research something they are interested in online, watch a video to learn about something they don’t know about, listen to a podcast on a topic they enjoy – all of these options count as learning and will keep minds active. Learning from home is an opportunity for parents and students to guide their learning rather than it be led by schools and teachers;
- ✓ **Give what you can** – even if it is simply giving thanks to our NHS heroes and key workers by clapping every Thursday, or giving time to a local support project or even donating what you can to charities who are struggling at this time. Don’t feel pressure to give beyond your means though;
- ✓ **Create a routine** – this could be as simple as getting up and getting dressed or you could use the structure later in this guide to plan your day. Whatever you do, remember that us humans like structure and routine and it will make you feel better;
- ✓ **Talk to someone if you are feeling low**– during this difficult time, sharing with family and friends how you’re feeling and what you’re doing to cope can be helpful for both you and them. There are also helplines you can call for support – we’ve included a list at the end of this pack;
- ✓ **Be Mindful** – Mindfulness is the practice of being in the moment and having awareness of your thoughts, feelings, bodily sensations, and your surrounding environment. It focusses on trying to live in the ‘here and now’ rather than thinking of the past and worrying about the future. For two minutes a day, it is sometimes just important to practice being calm in a crisis. There are a number of mindfulness resources you can access, for example [here](#) and through this link <https://vimeo.com/399487062>.
- ✓ **Be Kind** – when times are hard, kindness is more important than ever. Show it to yourself, your family and your friends. No act of kindness, however small, is ever wasted. In a world where you can be anything, be kind.

### How to talk to your child about what’s happening

There are some online tips that can be found here [Coronavirus: addressing pupil anxiety](#). Also, please check our website and see the [Wellbeing section](#). Under Remote Wellbeing Support, there are a variety of different resources for you and your child to access that are designed to support wellbeing during this time.



No matter how calmly you manage the current environment, children are likely to be anxious, so it's important to talk to them about what's happening.

Secondary age children will have the same anxieties about their own health and that of their family and friends as younger children. But they're also likely to feel socially isolated, and worried about the result of school closures on their education and what life will be like after the pandemic is over.

- ✓ **Reassure them** that when more guidance comes from the school about how grades will be awarded, you'll share this with them as soon as you have it – you could also check that they understand the information you've received so far, in case there are any points of confusion or worry that the school could help to clarify;
- ✓ **Encourage them to maintain social ties** – relationships are especially important for older children, so give them room to keep in touch with their friends.
- ✓ **Equip them with accurate information** – for example:-
  - [Mythbusters](#) from the World Health Organization;
  - [Data visualisation pack](#) from Information is Beautiful (regularly updated).
- ✓ **Share tools to help them manage anxiety**
  - YoungMinds: [practical steps to take if you're anxious about coronavirus](#);
  - Mind: [how to take care of your wellbeing when staying home](#).

**Tips for conversations about COVID-19 with children and young people:**

- **Ease your own anxiety first.** Children/young people will follow their parent's example. So remain informed by reliable sources and know when to 'switch off' from news and social media.
- **Learn what the child/young person knows already.** This will inform you as to what information you need to share with them.
- **Have the conversation promptly.** Inform your child about Coronavirus in an age appropriate way (some of the resources below will help with this) and explain the reasoning for changes in daily life e.g. social distancing. However, with younger children it may be more useful to reinforce what to do e.g. wash your hands whilst singing 'Happy Birthday' twice.
- **Be understanding of their concerns and remain empathetic.** Validate the child/young person's concerns and don't dismiss them. Help to mitigate their concerns by providing reassurance.
- **Provide fact-based information and encourage good hygiene.** Sticking to the facts will help to minimise any confusion and this will reinforce the reasoning behind good hygiene.
- **Watch your child's stress levels moving forward.** Changes in a child/young person's behaviour may be as a result of difficulties in expressing their concerns verbally. A tip for dealing with this is remaining present and engaged during conversations and see what the child/young person may be trying to tell you. E.g. are they expressing frustration/ fear/ withdrawing?

Sources: British Psychological Society; verywellmind

### **If your child struggles with higher levels of anxiety**

Some children are naturally more anxious, such as those with existing phobias or obsessive-compulsive disorders. The current situation can make those anxieties worse. Please see the tips below, or skip to the end of this document for signposts to local and national support agencies.

- ✓ Get them to do activities such as counting, ordering and sorting tasks which can help them calm down;
- ✓ Encourage them to use relaxation techniques such as controlled breathing;
- ✓ Look out for obsessive or compulsive behaviours and try to get ahead of them early by challenging unhelpful thoughts and assumptions;
- ✓ If you're worried about your child's anxiety, **YoungMinds** is a charity dedicated to children's



mental health. They've opened a [parents' helpline](#) for confidential, expert advice. You can reach them at 0808 802 5544.

### Helplines and websites for children and young people

We have decided to include our local resources first on this list, as these organisations may be more familiar to you and your family. In many cases, professionals who your family may worked with in the past are still able to offer support virtually, so you do not have to feel you are sharing concerns with a stranger.

There are also lots of helpful resources on the school website, which you can find [here](#).

### Local and Community support

ORGANISATION	CONTACT INFORMATION
King Henry VIII School Wellbeing Team	Wellbeing Helpline: 10am – 12pm on Mondays, Wednesdays and Fridays - 01873735323 <a href="mailto:KHS.LearningHub@KHS.schoolsedu.org.uk">KHS.LearningHub@KHS.schoolsedu.org.uk</a> Virtual Learning Hub in Google Classrooms - class code 'g7bavoh'
Face2Face Counselling	07980912391 <a href="mailto:nathanmeredith@monmouthshire.gov.uk">nathanmeredith@monmouthshire.gov.uk</a>
Building Strong Families Family Advice Line	10am – 3pm daily 01633644152 / 07970166975 <a href="mailto:earlyhelppanel@monmouthshire.gov.uk">earlyhelppanel@monmouthshire.gov.uk</a>
Mindfulness Resources	Click this hyperlink
School Health Nurse	Daily Contact Line: 07500124208 Facebook: @SchoolnursingABUHB Twitter: @SchoolUhb
Healthy Relationships	Live Fear Free Helpline: 0808 80 10 800
Children's Commissioner Resources	<a href="http://www.childcomwales.org.uk">www.childcomwales.org.uk</a>
Monmouthshire Youth Enterprise – Inspire to Achieve	Rhiannon Taylor – I2A Mobile: 07966303064 Twitter: @RhiannonT90
Mind Monmouthshire	Monday – Thursday – 9am – 5pm and Friday – 9am – 4.30pm – 01873858275



If your child would like to speak with someone confidentially, there are helplines and websites specifically for them.

ORGANISATION	CONTACT INFORMATION
<p><b>Shout</b> Free, confidential support via text, available 24/7</p>	<p>Text SHOUT to 85258 in the UK to text with a <a href="#">trained crisis volunteer</a> who'll provide active listening and collaborative problem-solving</p>
<p><b>The Mix</b> Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem</p>	<ul style="list-style-type: none"> <li>• Call 0808 808 4994 for free (11am to 11pm daily)</li> <li>• Access the <a href="#">online community</a></li> <li>• Email <a href="#">The Mix</a></li> </ul>
<p><b>ChildLine</b> Confidential telephone counselling service for any child with a problem</p>	<ul style="list-style-type: none"> <li>• Call 0800 1111 any time for free</li> <li>• Have an <a href="#">online chat with a counsellor</a> (9am to midnight daily)</li> <li>• Check out the <a href="#">message boards</a></li> </ul>

### Where to turn to for help

It's ok to not be ok. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support. There are some very helpful resources that explain how it is ok to feel worried about COVID-19, for both [parents](#) and [students](#).

You can also access online support from national agencies and charities through a number of different sources by following the links below.

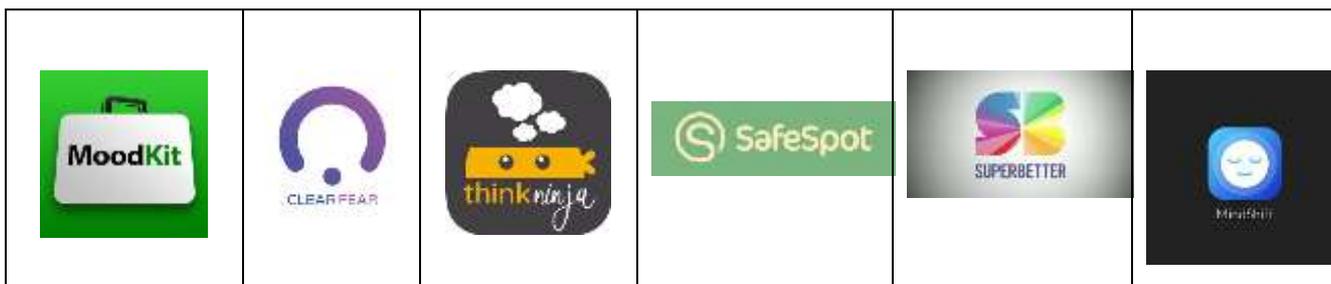
### Mental health

#### Apps

Apps can be a great way to access resources and through a medium in which young people are more confident. See the links below of search the following Apps in your phone's App Store.

Link to CAMHS Apps for children: <https://www.camhs-resources.co.uk/apps-1>





ORGANISATION	CONTACT INFORMATION
<p><b>Mental Health Foundation</b></p> <p>Provides information and support for anyone with mental health problems or learning disabilities</p>	<p>Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a></p>
<p><b>The Five Ways To Wellbeing</b></p>	<p>Website: <a href="https://my.chartered.college/2020/03/supporting-student-wellbeing-by-encouraging-them-to-use-the-five-ways-to-wellbeing-while-staying-at-home/">https://my.chartered.college/2020/03/supporting-student-wellbeing-by-encouraging-them-to-use-the-five-ways-to-wellbeing-while-staying-at-home/</a></p>
<p><b>Mind</b></p> <p>A mental health charity</p>	<p>Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)</p> <p>Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a></p>
<p><b>PAPYRUS</b></p> <p>Youth suicide prevention society</p>	<p>Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays)</p> <p>Website: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a></p>
<p><b>Samaritans</b></p> <p>Confidential support for people experiencing feelings of distress or despair</p>	<p>Phone: 116 123 (free 24-hour helpline)</p> <p>Website: <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a></p>
<p><b>Kooth Online</b></p> <p>Kooth offers free, safe and anonymous online support for young people’s mental health. Young people can have a text-based conversation with a qualified counsellor. Counsellors are also available 12noon to 10pm weekdays and 6pm-10pm at weekends</p>	<p>Website: <a href="http://www.kooth.com">www.kooth.com</a></p>



ORGANISATION	CONTACT INFORMATION
<b>SANE</b> Emotional support, information and guidance for people affected by mental illness, their families and carers	Website: <a href="http://www.sane.org.uk/support">www.sane.org.uk/support</a>
<b>YoungMinds</b> A charity dedicated to children's mental health	Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
<b>Cruse Bereavement Care</b> Support for grief and bereavement	Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>

### Domestic violence

ORGANISATION	CONTACT INFORMATION
<b>NSPCC</b> Child protection charity	Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline) 0800 1111 for children (ChildLine's 24-hour helpline) Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
<b>Refuge</b> Advice on dealing with domestic violence	Phone: 0808 2000 247 (24-hour helpline) Website: <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>

Some further useful resources can be found by clicking [here](#).

### How to make home learning work for your family

We're realistic about what pupils will be able to do during this period, and we want you to be too.

You're not expected to become teachers and your children aren't expected to learn as they do in school. Simply providing them with some structure at home will help them to adapt.

**If you are having problems accessing online learning, for example you do not have a device for your family to complete work on, or you are having difficulties getting access to the internet, please let us know at the school and we can discuss how we can support you. Contact us on [info@khs.schoolsdu.org.uk](mailto:info@khs.schoolsdu.org.uk)**

All our school resources and guidance can be found on our website in the E Learning page. All parents and carers will also receive an e-learning letter and learning plan every fortnight.



## Staying Safe Online

With the additional time some students will be spending online, there is increased risk of students being contacted by inappropriate individuals, accessing unsafe information, or being exposed to extreme views or ideas (sometimes called radicalisation). You can ensure you keep your family safe by:-

### Children should:-

- ✓ Know who they are talking to;
- ✓ Check if they can access material, play games;
- ✓ Do not give out personal information;
- ✓ Do not share images, video of inappropriate material;
- ✓ Speak to someone if they feel uncomfortable;
- ✓ Block and report people who are trolling;
- ✓ Think before they post.

### Parents should:-

- ✓ Monitor who their child is communicating with online and what they are accessing;
- ✓ Set boundaries and parental controls;
- ✓ Discuss their online activity;
- ✓ Manage / check privacy settings.

### How to report concerns and access help and support

King Henry VIII School Safeguarding Lead – Mr J Parkinson

Duty Social Worker, Monmouthshire County Council: 01291 635669

Out of Hours and Bank Holidays Emergency Duty Team: 0800 328 4432

Gwent police – 101 to report a crime, 999 for urgent response requests only

### Police advice re terrorism and radicalisation can be accessed via:-

<https://www.gov.uk/report-terrorism>

<https://www.gwent.police.uk/en/advice/advice/t-z-terrorism-witness-of-crime/terrorism/prevent/>

### Other useful resources

[www.cyberaware.gov.uk](http://www.cyberaware.gov.uk)

[www.getsafeonline.org](http://www.getsafeonline.org)

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

[www.childnet.com](http://www.childnet.com)

<https://www.thinkuknow.co.uk/parents/>

