

Dear Parent/Carer

As we get to the half way point in week 4 of home learning we are very aware of the impact that being at home and home learning is having on some of our children and their mental health and wellbeing (and possibly yours). Please find a link below, to a very helpful resource from the Lancashire Emotional Health in Schools and Colleges Team. It gives direct information from other children and young people about how they are feeling and tries to help children understand why they may be feeling anxious, worried, sad, low in mood and scared at this time. It also gives really helpful advice on what children and young people can do to help themselves and others in their families who may be feeling the same.

We have worked with Dr Slinger and Dr Story in school and had emotional health and wellbeing training with them in the past and they are superb at explaining mental health in simple ways and offering us really clear and helpful advice as to what we can do to help our children.

I hope you find the resource useful: <https://sway.office.com/8oQ8Wc5LL02BdEID?ref=email&loc=play>

Kindest regards
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Your Word is a lamp for my feet and a light on my path. (Psalm 119, vs 105)