



GUISELEY SCHOOL

Dear parent/carer

Four weeks into another national lockdown and some families are finding things difficult. You may be looking for ways to help your child maintain **good mental wellbeing** and are unsure how to help them.

This week, as part of **Children's Mental Health Week** and our ongoing work in school, all our students have had assemblies on mental health and wellbeing and how little things you do can help those who are struggling with poor mental health. We have also signposted them **to support networks** if they are worried about their own mental health or that of a friend.

Guiseley School would like to signpost our **parents and carers** to some excellent resources to help you and your children cope in these uncertain times.

- This video from the **Anna Freud Centre** is an excellent, short introduction to how parents can support their children: <https://youtu.be/ZnANLAcPRZ4> and the website includes a wealth of resources on mental health and wellbeing
- The **BBC Bitesize website** has a really accessible '**Parents Toolkit**': <https://www.bbc.co.uk/bitesize/articles/znsmyxc> This gives practical advice on a range of wellbeing issues for parents and teenagers including: sleeping patterns; coping with lockdown loss; self-care for parents; juggling your responsibilities; and ways to motivate your teen at home.
- We also know that families across the city are facing the same challenges, and many have talked about how difficult they are finding **parenting** during this time. To support this, **Leeds City Council** have shared this blog <https://www.lslcs.org.uk/services/connect-helpline/teen-connect/>
- As a school, we direct students who are concerned about their **mental health** to <https://www.kooth.com/> and <https://www.lslcs.org.uk/services/connect-helpline/teen-connect/>

We hope that these resources provide help and advice for anyone who is worrying about how best to support their child or is finding motivating their teenager at home a challenge.

Regards

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