



Success
and
Progress

SIR WILLIAM STANIER SCHOOL BULLETIN 3

Thursday 26th March 2020

This bulletin will provide key daily updates regarding the unprecedented COVID-19 virus. Please contact KS3@sws.cheshire.sch.uk for any home learning or general queries relating to Year 7, 8 or 9 and KS4@sws.cheshire.sch.uk for any queries relating to Year 10 and 11.

Daily Updates

- Today's update is making sure that we are all staying **emotionally healthy** at the difficult time.
- Please use the KS3 and KS4 email addresses above to **send in photos and news** about your child's home learning. We can then post them on our social media.

Positive mental health and well-being contribute to a child's ability to flourish and achieve. As parents and carers of young people you can use the following *advice, links and information* to support your child.

- [Kooth.com](http://www.kooth.com) provides **online mental health and wellbeing** support to young people via internet accessible devices. Kooth provides an opportunity to interact with other young people as well as receive support from a qualified counsellor. To find out more visit www.kooth.com where young people can register and others can find out more about the service. You can also view a short video about the service [here](#).
- **Audible** is an online audiobook service and is currently **FREE for students**. Everyone loves having a story read to them and if you sign up there are lots of books that you can listen to on your phone/laptop/PC. [Click HERE to join Audible](#)
- Mind.org.uk is another fantastic site for **supporting people's mental health**, please [click here](#) to visit the site. Mind.org.uk have released two useful pieces of information, the [coronavirus and your wellbeing](#) and the [A-Z of mental health](#).
- **Other ways you can look after your mental well-being** during this time are by:
 - Continuing to do the preventative things that you can control such as washing your hands regularly, but not obsessively, throughout the day
 - Keeping busy and distracted
 - Not listening to gossip, rumours or fake news
 - Avoid watching / listening to too many updates. Only listen to official updates that will tell you the facts
 - Don't spend too much time reading what is on social media
 - Continuing to exercise once a day and eat well
 - If you feel you are becoming anxious, talk to an adult
 - Have a 'to do' list of things to keep you busy
 - Stay connected to others. Make sure you have the correct contact details for friends and family

Other useful links

YoungMinds

A charity for children and parents of children who have mental health problems. They do have a helpline for parents which is available Mon- Fri 9.30- 4 but you can communicate with them via email as well and they have a lot of links and support for parents and young people themselves <https://youngminds.org.uk/>

[facebook: https://www.facebook.com/mindforbettermentalhealth](https://www.facebook.com/mindforbettermentalhealth)

SANE

A charity providing information and support for people affected by mental health issues including wellbeing information, a support phone line 16.30- 22.30 daily, online support groups:

<http://www.sane.org.uk/>

0300 304 7000