



Maintaining Wellbeing At Home

Age Range: All year groups

The Government has published some guidance and support for parents on how to help maintain their family's wellbeing while their children are at home. Please use these in conjunction with our PSHCE resources on our 'Online Learning Resources' document on the Home Learning section of the school website.

Social connections, alongside exercise, sleep, diet and routine, are important protective factors for mental health. Materials to promote and support mental wellbeing are included in the list of [online resources](#) we have published to help children to learn at home. Public Health England's [Rise Above](#) platform supports young people. The Department of Health and Social Care is providing £5 million of additional funding to support mental health charities to increase their provision for adults and children at this time.

Social isolation, reduced exercise, and bereavement, may affect children's wellbeing in this period.

Resources to promote and support children and young people's mental wellbeing include:

- [MindEd educational resources for adults about children and young people's mental health](#), which is relevant for parents and carers as well as volunteers, teachers, and other professionals working with children
- the [Every Mind Matters](#) platform which supports looking after your own and other's mental health
- [guidance on looking after wellbeing and mental health](#) during the coronavirus (COVID-19) outbreak
- [guidance on supporting children's wellbeing and mental health](#)

All NHS mental health trusts are setting up 24/7 helplines, and seeking to use digital and virtual channels, to continue delivering support during the coronavirus (COVID-19) outbreak.

**You are doing a great job! Thank you for all your support!
St Andrew's team.**