

UPDATE NO. 15

30th March 2020

PRIMARY

New this week:

1. SUPPORTING CHILDREN'S MENTAL WELLBEING—KOOOTH

Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays, 6pm to 10pm at weekends, every day of the year on a 'virtual drop-in' basis. Young people can access regular booked online Counselling sessions as needed. Outside counselling hours young people can message our team and get support by the next day. **PLEASE SEE ACCOMPANYING PDF POSTER TO SEND TO YOUR PUPILS.**

2. SUPPORTING CHILDREN'S MENTAL WELLBEING DURING CORONAVIRUS—GOV.UK

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak:

[COVID-19: guidance on supporting children and young people's mental health and wellbeing](#)

2. SUPPORTING CHILDREN'S MENTAL WELLBEING DURING CORONAVIRUS—GOV.UK

An easy read information sheet for children and young people with additional learning needs. **PLEASE SEE ACCOMPANYING pdf.**

3. SUPPORTING CHILDREN'S MENTAL WELLBEING DURING CORONAVIRUS—CHILDLINE

Information and reassurance for children and young people about Coronavirus (Covid-19) and advice about what to do if they are worried: [CHILDLINE - CORONAVIRUS WORRIES](#)

4. SUPPORTING CHILDREN'S MENTAL WELLBEING DURING CORONAVIRUS—NSPCC

Advice for parents and carers about how to help if their child is anxious or worried about Coronavirus (Covid-19). Plus advice on how to support and keep children safe if they're struggling with their mental health: [NSPCC - MENTAL HEALTH & CORONAVIRUS](#)

5. SUPPORTING CHILDREN'S MENTAL WELLBEING— NATIONAL DEAF CHILDREN'S SOCIETY

Advice and support for deaf children during the Coronavirus (Covid-19) period to ensure they aren't facing further barriers as schools close and that their families have access to information and resources to support their child: [NATIONAL DEAF CHILDREN'S SOCIETY](#)

5. SUPPORTING CHILDREN'S MENTAL WELLBEING—HELPING CHILDREN WITH AUTISM

Coronavirus and Helping Children with Autism– A Parent's Guide. A FREE podcast from the Association for Child & Adolescent Mental Health: [PODCAST: CORONAVIRUS & AUTISM - A PARENT'S GUIDE](#)

6. REMOTE LEARNING & ONLINE SAFETY DURING CORONAVIRUS

- General online safety tips for parents: [THINK U KNOW - ONLINE SAFETY](#)
- Video guide for parents about You Tube and how to use parental controls and filters: [YOU TUBE GUIDE FOR PARENTS - VIDEO](#)
- Remote Learning guides for parents, teachers and pupils: [PARENTS](#) [TEACHERS](#) [PUPILS](#)
- House Party App Safety Guide for Parents: [HOUSEPARTY APP - PARENT'S GUIDE](#)

Please get in touch if you would like further information about anything in this update or to discuss support for your school or college. I will be available to offer support throughout the Covid-19 closures.

Susan

School Health & Wellbeing Project Officer