

# Hartsfield JMI School

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Hello Hartsfield Parents and Carers,

I know I don't have to tell you that these continue to be very difficult times. We have been thrilled to be able to welcome back some pupils to school and my colleagues and I continue to be in contact with others who are not yet back. We have heard from a good number of you, however, that you are worried about the effects of lockdown on your child's/ children's' well-being or mental health.

It's normal to have up days and down days, but we are hearing from some families where their children are having many more down days than ups. If your child is starting to feel quite wobbly under the present circumstances, so much so that you are starting to be concerned about their well-being, then I am forwarding you some links to further advice and strategies to hopefully help you as their parents. I think the key message from the NHS is to follow the "5 Ways to Wellbeing" advice that your children will have been introduced to at school in the spring term. If you google this, there are many resources and ideas available that could help on a daily basis.

If this doesn't help, then please contact me: [senco@hartsfield.herts.sch.uk](mailto:senco@hartsfield.herts.sch.uk) I will get back to you either by email or by phone if you prefer. I can refer families to our Baldock Family Worker or to the NHS School Nursing Team who are currently proving to be very helpful for some of our families and children at school. Please know that you are not alone and we will do all we can to help you and your child/ children.

The most important thing at the moment is that your children stay emotionally well, but they may need to borrow some of your strength to be able to do that. Mrs Smith and the teachers are all working on plans for a "recovery curriculum" for the autumn term when all children will be back with us, so please don't worry if your child is not coping well with the home learning. Just let me or the class teachers know and we can find alternative learning activities for you.

Please contact me if I can help you further or if you would like a chat.

Best wishes to you all,

Kathryn Dearn

Assistant Headteacher/ SENCO/ Pastoral Lead



## Generic emotional well-being & mental health links

1. <https://www.camhs-resources.co.uk/> This is a fantastic website that has details of books, weblinks, apps, videos and contains resources around emotional / mental health
2. <https://www.healthyyoungmindsinherts.org.uk/parents-and-carers> Healthy Young Minds in Herts
3. <https://youngminds.org.uk/> Young Minds – Children and Young people’s mental health charity. Filled with information and have a parent’s helpline

## Anger

1. <https://copingskillsforkids.com/managing-anger>
2. <https://www.supernanny.co.uk/Advice/-/Parenting-Skills/-/Discipline-and-Reward/Dealing-with-a-very-angry-child.aspx>
3. <https://www.headspace.com/meditation/anger>

## Anxiety

1. <https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety> Supporting an anxious child
2. <https://youngminds.org.uk/media/2957/top-ten-tips-poster.pdf> Helping managing change for children
3. <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/>
4. <https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety/strategies-to-support-anxious-children>
5. <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers>

## Coronavirus

1. Advice for parents and carers on supporting children concerned about COVID  
[https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19\\_advice-for-parents-and-carers\\_20.3\\_.pdf](https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf)



## Parents (Factsheets)

1. <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/dealing-with-tantrums-for-parents-and-carers> Dealing with Tantrums
2. <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers> Worries & Anxiety
3. <https://www.justtalkherts.org/media/documents/toptipsforparents.pdf>
4. <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/> Parents' guide to supporting anxiety

## Bereavement

1. Winston's Wish <https://www.winstonswish.org/>
2. Stand –by- Me local bereavement support, [www.stand-by-me.org.uk](http://www.stand-by-me.org.uk)

## What to do if I am worried about my child's mental health?

- If it is not urgent and you are looking for advice, strategies or just a second opinion, please email the school – we will reply – [senco@hartsfield.herts.sch.uk](mailto:senco@hartsfield.herts.sch.uk)
- For children and young people whose cases are currently OPEN to Specialist CAMHS you can call the CAMHS duty team for their relevant service (the number is detailed on your paperwork from Hertfordshire Partnership Foundation Trust).
- If your child is not known to Specialist CAMHS call: Single Point of Access (SPA) Tel: 0300 777 0707 Email: [hpft.spa@nhs.net](mailto:hpft.spa@nhs.net) to make a parental referral.
- Of course, in an absolute emergency call 999.

We hope that the above will be of use to you. It is not an exhaustive list so please do get in touch if you are looking for something specific.

