



PENNINE TRUST  
INNOVATE · INCLUDE · INSPIRE



## Parents@Park (29.01.21)

Children's Mental Health Week 2021

“

It's okay  
not to be  
okay.

”

*1 - Children's Mental Health Week*

[Child Mental Health Week](#) (click) This coming week is a great opportunity for school to raise awareness of the importance of good Mental Health, more important than ever as we all come together to tackle the challenges of the National Lock down. Please do to signpost pupils towards the support we have in school and as always please do not hesitate to get in touch if you would simply like to speak about your son or daughter for reassuring chat. The following slide show provides further details of Park's planned activities to mark Child Mental Health week as well as providing useful school and external contacts and support

# Student Mental Health and Wellbeing



Your child's mental health and emotional wellbeing is of paramount importance to us. We are committed to working with you to ensure students receive support to overcome any issues and build resilience.



If you have any concerns over the mental health or emotional well being of your child, please do not hesitate to contact your child's Form Tutor or Director of House

Who will signpost to your child's Pastoral Support Worker, Bereavement Support Worker - Tina Fishwick, Mental Health Practitioner - Amanda Buffey or School Counsellor.

# Need to speak to someone other than school

If you want to explore these yourself, you can find information about all them online



**Shout** is the UK's first (and free) **24/7 text helpline**. They offer **support if you are in immediate need** or struggling to cope. Text **852 58** anytime



**CALM** (the Campaign Against Living Miserably) is leading a movement against suicide. Call their **24/7 helpline** on **0800 58 58 58**



**Mind** have a **tool on their website** for anyone who needs urgent help and **advice** **how to help someone in need**. [www.mind.org.uk](http://www.mind.org.uk) 0208 215 2243



**The Mix** provide essential support for under25s on all sorts of issues including mental health. You can call them on **0800 808 4994** from **4-11pm every day**, or arrange **counselling** via the website [www.themix.org.uk](http://www.themix.org.uk)



**Young Minds** is a leading charity that seeks to support and empower young people. No matter their difficulties. If you need urgent help text YM to 85258.



If you are struggling call **The Samaritans** on **116 123**. They available **24/7**

## Relaxation Information for Parents and Carers



### Did you know?



Research shows that young people face many different kinds of **stress, worry, anxiety** and can **feel overwhelmed** for various reasons especially at these challenging times. **Relaxation** has been defined as a 'state of being free from tension and anxiety'. We often forget to switch off as adults, but it is important that we do that in order to help children learn important skills. Many studies highlight the **benefits of relaxation** and here are a few:

Slows the heart and breathing rate, improves concentration and mood, Reduces anger and frustration, Reduces the activity of stress hormones, Improves digestion, Increases blood flow to the muscles, Relaxes the muscles, Improves sleep quality

An important part of teenage life should be **relaxation**. Especially at these challenging times. It is an essential part of **maintaining health and wellbeing** and being able to calmly deal with stress and pressure which, as we know, can be quite intense during lockdown especially being an adolescent.

### What can you do ?

One of the simplest relaxation techniques is to practice breathing. Teach your child to take **deep slow breaths** when they are feeling anxious. Just a few deep breaths can provide an instant calming effect that can help reduce stress. Look out for mindfulness apps or video resources on YouTube that offer example breathing exercises, such as Headspace or Calm.

Learning to relax is something that you can do together as a family. Try having a go a **Yoga** or a **relaxing activity together**. Yoga will improve flexibility, posture and give you and your child a sense of inner calm. Mrs Harris has recorded yoga sessions and will be going **live in @PE@3** in the Year Team. Or try to complete a simple yoga session on YouTube. Other things could be having quiet time to read, going for a walk, listening to music or watching a feel-good film.

Another technique for your child to try is **'imagery'**, having a vision about a happy place so their brains can take a break. Ask them to write down a description of their **happy place** which includes how it looks, feels, smells and sounds. When they are stressed out, ask them to close their eyes and to think about it. Just like new skills, relaxation techniques require practice so keep prompting them to find out what works for them.

## Mental Health Information for Parents and Carers



### Did you know?



Research states that **mental health** issues affect about 1 in 10 children. The **emotional wellbeing** of children is just as important as their physical health. Good mental health allows young people to develop resilience, cope with the ups and downs in life and grow into healthy adults.

Surveys suggest that most young people are mentally healthy but more children are having problems due to lockdown including: life changes, traumatic events, feeling vulnerable or not coping with difficult situations. The Guardian has recently published that tens of thousands of young people in Britain are struggling with their mental health and are seeking help online for problems.

Research indicates that **common mental health problems** for young people include depression, self-harm, eating disorders, post-traumatic stress disorder, anxiety and panic attacks. Poor mental health in childhood affects educational attainment, increases the likelihood of smoking, alcohol and drug use, and has consequences for poorer physical health in later life.

### What can you do ?

Take time to do some research about mental health issues and symptoms with young people. Point your child **towards websites** or helplines that can give them information as well. Here are some useful websites to get you started: [www.mind.org.uk](http://www.mind.org.uk) [www.youcanmind.org.uk](http://www.youcanmind.org.uk)

Seek further advice from **school** or a **professional** if you are worried or concerned about your child. Talk to your child about any worries they have, be supportive and show empathy and understanding. Try to avoid persistent questioning but encourage them to open up to you and reassure them that you are there to help them. Try to make your child feel loved, trusted and safe.

Don't blame yourself for any problems your child is having as this will not help the situation. Be honest and explain that you are worried and help them access the right kind of help. Encourage your child to take up healthy habits during **lockdown** to help them to maintain a positive state of mental health. Examples are:

Healthy eating  
Doing hobbies

Good sleep routine  
Spend time outdoors

Connecting with others  
Taking time out to relax

Exercising  
Sticking to routines

**1<sup>st</sup> - 7<sup>th</sup> Feb is Children's Mental Health Week and is a great opportunity for school and parents to raise awareness of the importance of good mental health and to signpost students towards the support we can offer in school and from outside agencies.**

**Next week our intrinsic Personal Development tasks will focus on mental well being. The next two slides focus on Mental Health and Relaxation**



[Click here](#) for **support for emotional wellbeing and mental health during these challenging times.**

## A message from the Head

We remain so delighted with the students engagement with their remote learning and their communication with subject teachers and pastoral staff has been impressive. In addition, those pupils who are working on school site have also impressed us with their behaviour and attitude; coping with a very unusual version of daily school life.

We continue to be mindful of differing personal circumstances and as a parent myself, I understand the challenges that lockdown and remote learning and homeschooling present! With this in mind, although we endeavor to provide a broad, challenging and engaging remote curriculum, we completely understand there may be circumstances in which the completion of all tasks is not possible. The well being and happiness of our students remains our number one priority and all teachers are pleased when they receive work where students have tried their best independently and within their timetabled hour lesson. If there are any problems please encourage students to let their subject teacher know - they will be happy to help, support and make allowances when needed.

It remains hugely important that students make time to relax, stay active and safely socialise with family and friends.

We thank you for your continued support. It is much appreciated by the staff team and we feel overwhelmed to have such a supportive school family.

Mrs C Eulert

Headteacher

## Further Notices

- Please [click here](#) for this week's school assembly Thursday 28th January
- **PE@3 is back** for more- do get involved!




- [Please click here](#) to find the vocabulary words of the week (WOW) for Year 7 and 8 students week commencing 1st February. An activity is being set by the English team during the students' reading lesson. We would be grateful if you could continue to encourage activity completion on TEAMS (they know where to look!) #VocabularyMatters #BeTheBest
- To view Park High's updated remote learning statement please [click here](#) and for our recently updated Remote Learning Policy in full please [click here](#)

- Despite all students working remotely, if your child tests positive for Covid 19 or indeed has an illness that prevents work completion then please phone reception who will ensure all staff allow a break from remote learning and work submission.


## Assessments

The following information has been shared with students to both reassure and support them as they prepare for their assessments.

### Online Assessment Week Monday 1<sup>st</sup> Feb



## Year 7-10



- Next week in all your subjects you will be completing an **online assessment**.
- These have been adapted by your teachers in order to take place online and measure your progress.
- Your teacher will explain the format of the assessment and the day it is taking place following your normal timetable (look in your Team POSTS)
- It is important you complete the assessment in the time given and check the assessment is **SUBMITTED** or **TURNED IN**.
- Work hard to ensure next weeks assessments are the **'best you can be'**
- **Its your time to shine.**

## Become part of the Park family

- **JOB VACANCIES**

We are delighted to be able to share Park's recently advertised job vacancies. Please [click here for further details](#) including links to the application process

- **TRAIN TO BE AN OUTSTANDING TEACHER with Park High through the Peninne Teaching Alliance (PTA).**

We believe that a school based route (known as Schools Direct) into teaching will give you the best possible start to your teaching career through the provision of as wide a teaching experience as possible within your year as a trainee teacher. Our alliance schools have been carefully selected to ensure that they provide you with a broad range of teaching experiences whilst working alongside some truly

outstanding teachers. If you think a career in teaching could be for you please contact aholmes@park-high.co.uk



**EVERY LESSON SHAPES A LIFE**

Pennine Teaching Alliance (PTA) is a Multiple Teaching Alliance consisting of partners spanning across the full age spectrum from Early Years Foundation stage to post 16 education, offering Secondary Teacher training. Our Alliance facilitates opportunities for our schools to work collaboratively to drive improvements within the education system.

We can help you to make a difference in the lives of our young people. Together we share the vision and passion for outstanding provision where you will be supported to inspire and educate future generations. You will be part of a successful, professional family from the outset where nobody gets left behind and you will be encouraged to be the best that you can possibly be.

**TRAIN TO BE AN OUTSTANDING TEACHER WITH PENNINE TEACHING ALLIANCE. APPLY VIA UCAS NOW**

**PTA** Pennine Teaching Alliance

#TRAINTOTEACH @PENTEACHALLIANCE @PENNINETEACHINGALLIANCE  
info@pennineteachingalliance.co.uk  
For further info contact Ann on 01282 865200

## The week ahead

- Children's Mental Health Week 1st - 5th February
- Year's 7-10 Assessments within timetabled lessons and modified accordingly to take into consideration the challenges we all continue to face
- All students (unless key worker/vulnerable students) are working remotely via Microsoft Teams.
- Year 7 and 10 English Booster sessions continue

## Park Family in the news

Huge congratulations to Science teacher and new Daddy Dr. Farry and family who have just welcomed the safe arrival of a beautiful baby daughter. Dr Farry reports that sleep is currently limited but he is optimistic this will not be forevermore ..... 🤔🤔🤔



## Dates for diary - further ahead

### Half Term Holidays commence Friday 12th February 2021

- School will be closed close as usual over February half-term and therefore will not remain open to vulnerable children and the children of critical workers during that week. Remote and onsite provision (for identified students) will recommence on Monday 22nd February
- As per the government guidelines Schools are not providing lunch parcels or vouchers during the February half-term. There is wider government support in place to support families and children outside of term-time through the [Covid Winter Grant Scheme](#). This scheme is being run by local authorities in England, with at least 80% of the funding earmarked to support with food and essential utility costs and will cover the period to the end of March 2021. It will allow local authorities to directly help the hardest-hit families and individuals over the winter period. Local authorities have local ties and knowledge, making them best placed to identify and help those children and families most in need.

[Year 8 Parents Evening Letter](#) Thursday 11th Feb

[Parents Guide to virtual parents evening and appointment booking instructions](#)



[School Holiday Dates 2020-21 \(click\)](#)