



Parents@Park (29.01.21)

Children's Mental Health Week 2021



It's okay not to be okay.



1 - Children's Mental Health Week

<u>Child Mental Health Week</u> (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 plan ned activities to mark Child Mental Health week as well as providing useful school and external contacts and support

Student Mental Health and Wellbeing

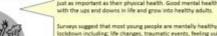
Your child's mental health and emotional wellbeing is of paramount importance to us. We are committed to working with you to ensure students receive support to overcome any issues and build resilience.

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.



Mental Health Information for Parents and Carers Did you know?



Research states that meetal health susces affect about 1 in 10 children. The encolosal welfbeing of children is just as importent as their physical health. Good mental health allowis young people to develop resilience, cope with the use and downs in life and grow into healthy advits.

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 strugging 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, esting disorders, post-thoumatic stress disorder, anxiety and peric attacks. Poor mental health in childhood affects educational attainment, increases the likelihood of smoking, alcohol and drug use, and has consequences for poore physical health in later life.

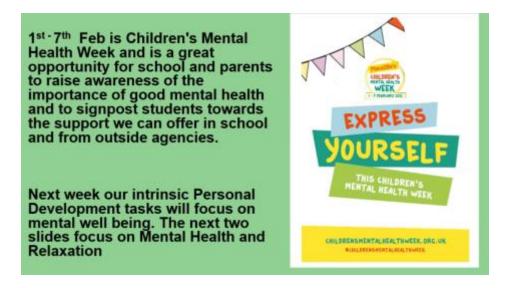
What can you do ?

Take time to do some research about mental health issues and symptoms with young people. Foint your child towards websites or helplines that can give them information as well. Here are some useful websites to get you started: <u>www.mind.org.uk.www.coungmind.org.uk</u>

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 word persistent questioning but encourage them to open up to you and reasoure them that you are there to help them. Try to make your child ellowed in the state of the state of

Don't blame yourself for any problem your child is having as this will not help the situation. Be honest and explain that you are worked 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 Good sleep routine Doing hobbies Spred time outdoors Connecting with others Taking time out to relea Exercising Sticking to routines



<u>Click here</u> 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 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!

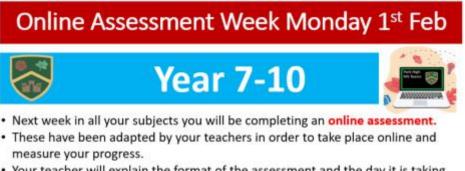


- <u>Please click here</u> to find the vocabulary words of the week (WOW) for Year 7 and 8 students week commencing 1st February. An activity is being be set by the English team during the students' reading lesson. We would be grateful if you could continue to encourage activity completion on TEAMS (they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

• 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.



- 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 <u>click here for</u> <u>further details</u> 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



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



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 <u>Covid Winter Grant Scheme</u>. 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)