

NEWSLETTER

Is your child feeling Anxious?

- Restless
- Desperate
- Sweating
- Headaches
- Panic Attacks
- Tension
- Chest pain
- Jumpy
- Tummy pain



These are all signs your child may be feeling Anxious.

You can support your child to self manage these feelings by encouraging them to;

Relax



Listen to some music.



Grab a snack.



Breathe.



Chill out/Exercise



Talk to friends/family

Transitioning back to school after Lockdown..

Is your child worried about going back to school? How to talk?

Key characteristics of situations that create worry and anxiety are a heightened sense of uncertainty, potential threat, and responsibility, and a reduced sense of control so it is easy to see why our current circumstances are fueling anxiety. So, in conversations with children it is important to help them to:

- Recognise that is understandable to feel worried or anxious
- Develop an accurate and realistic understanding of the situation
- Recognise simple, practical things that they can do, but also to be clear about the limits of their responsibility

Acknowledge that it is an anxiety-provoking time for everyone and that it is normal to feel worried.

Start with 'open questions. These are questions that can't be answered with a simple 'yes' or 'no' (e.g. "What makes you feel worried?



Acknowledge how their thoughts must be making them feel. Try not to minimise or dismiss worries (e.g. "It will be fine!", "Don't be silly"), as this can lead to young people feeling that their concerns are not being taken seriously which may make them reluctant to talk about rather than feel able to come back and share thoughts or ask questions in the future (however silly they may seem).

If you are still worried please look at the links at the bottom.

Remember...Its ok not to be ok!

Resources you may find useful:

To contact the School nurse call 01274 221203 (SPA Hub)

<https://youngminds.org.uk/> Online information and a parent's helpline number.

www.familylives.org.uk – Online information and courses, online support and helpline number.

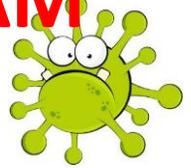
First Response - If you become more concerned for your child's wellbeing and feel they may need urgent mental health support, please contact the First Response number on 01274 221181

Bmywellbeingcollege.nhs.uk.

Kooth – IOS/Android a free online counselling platform where young people aged 11 upwards can access professional support with their mental health.

www.escayp.org.uk - Counselling sessions offered to help support young people who are experiencing emotional difficulties, for example anger and/or anxiety, low mood.

SCHOOL IMMUNISATION TEAM



The School Immunisation team are still here to help with any advice or support with School Age Vaccinations.

We are busy planning community clinics in the next couple of months for all Year 8 & Year 9 students who missed their vaccinations due to the COVID outbreak.

If you have any worries or concerns, please contact us on **01274 221203**. We would be happy to talk through how clinic appointments would run. We will be following all national and local (BDCFT) guidelines to protect you, your child and our staff.

Remember :The 2 Public Health Interventions that have had the greatest impact on the nation's health are CLEAN WATER and VACCINES 'World Health Organisation'



Vaccinations are the most effective way to prevent infectious diseases so make sure you are protected.

To prevent the risk of Coronavirus spreading, it is important that everyone washes their hands regularly with soap. Please encourage your child to do this throughout the school day.

HM Government 

Coronavirus

Wash your hands with soap and water more often for 20 seconds

Use a tissue to turn off the tap. Dry hands thoroughly.



1 Palm to palm



2 The backs of hands



3 In between the fingers



4 The back of the fingers



5 The thumbs



6 The tips of the fingers

CORONAVIRUS
PROTECT YOURSELF & OTHERS

References

<https://www.bing.com/search?q=bing+images&src=IE-SearchBox&FORM=IESR4A>

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<https://www.gov.uk/government/news/public-information-campaign-focuses-on-handwashin>

<https://www.bdct.nhs.uk/services/mental-health-services/>