



HIGH HESKET C of E SCHOOL (VC)

High Hesket, CARLISLE, Cumbria CA4 0HU TEL: 016974 73386

Head teacher: Mrs A Harvey

Email: head@high-hesket.cumbria.sch.uk Website: www.high-hesket.cumbria.sch.uk

Monday 1st February 2021

Children's Mental Health Week

This week is 'Children's Mental Health Week' and I am sure that many of us are worried about how the pandemic is impacting upon our children, particularly as so many of them are unable to see their friends or attend their extracurricular activities in the ways they would do normally. My assembly on Friday will provide a link to the Oak National Academy who have produced an assembly for children on the theme 'Express Yourself' which has been produced in partnership with the charities 'Place2Be' and 'BAFTA kids' as part of Children's Mental Health Week. The link will be shared in the Google Classroom stream but, if you wish to access it prior to Friday, it can be found at <https://classroom.thenational.academy/assemblies/childrens-mental-health-week-2021>

In addition to this, MyTime Cumbria (run by Barnardo's) are offering free Zoom information sessions for parents entitled 'Supporting your child's mental health through the pandemic'. The attached leaflet has more information about times and dates if you would find attending a session useful.

Two other useful websites are www.kooth.com and youngminds.org.uk/. The Cumbria Safeguarding Children Partnership also have a bank of resources for parents and families which can be found at www.cumbriasafeguardingchildren.co.uk/cscp/covid19informationforfamiliesandparents.asp

Please don't hesitate to get in touch if you would like any further support.

Yours sincerely,

Mrs A Harvey