

Charlton Kings Junior School

East End Road, Charlton Kings Cheltenham, GL53 8QE

Telephone: (01242) 526171 Facsimile: (01242) 250925

email: head@charltonkings-jun.gloucs.sch.uk www.charltonkings-jun.gloucs.sch.uk

Executive Headteacher: Mr L Pajak Operational Headteacher: Mrs S Selwood

23 March 2020

Dear Parent/Carer,

In these challenging times it is important that we all take care of our mental health as well as our physical health. Below, I have compiled a list of organisations and resources, some aimed at adults and some for children, just in case you need extra support.

In addition to this, on the next page I have put together a list of activities and top tips designed to support positive mental health – they may be useful to you. Please share this information far and wide to anyone that you feel would benefit.

Remember to keep checking the 'Home Learning' section of the school website for information and updates.

Best wishes and stay safe,

Mr Jukes

Support for adults

Organisation	Website	Telephone Number
Mind	www.mind.org.uk	0300 123 3393
Samaritans	www.samaritans.org	116 123
Rethink Mental Illness Advice Line	www.rethink.org	0300 5000 927
GDASS – Gloucestershire Domestic Abuse Support Service	www.gdass.org.uk	01452 726 570 0808 2000 247
SHOUT – Mental health text line	www.giveusashout.org	85258 (text only)
Non-emergency police contact	www.gloucestershire.police.uk	101

Support for children

Organisation	Website	Telephone Number
ChildLine	www.childline.org.uk	0800 11 11
Teens in Crisis (9 and over) – support for children and advice for parents	www.ticplus.org.uk	01594 372 777 (helpline) 07520 634 063 (text)
Young Minds – support for children and advice for parents	www.youngminds.org.uk	85258 (text only)
Gloucestershire Young Carers	www.glosyoungcarers.org.uk	01452 733 060
Wintson's Wish	www.winstonswish.org	08088 020 021



Activities for promoting good mental health for children

- **Keep reading!** Losing yourself in a book is a great way to reduce anxiety
- If possible, **spend time outdoors:** go for a walk, spend time in the garden
- **Play games together:** card games, board games, role play, building dens
- **Try practising mindfulness** to help reduce anxiety and promote relaxation and good sleep
 - Headspace (app available on Apple and Android) has a children's section. The basics are free, and there is a subscription for more content
 - Calm (app available on Apple and Android) has some free content, as well as a comprehensive collection of relaxation sounds, meditations and calming stories available for subscribers
 - Let's Meditate (app available on Apple and Android) is an entirely free app with guided meditations
 - Look out for other guided relaxation techniques on YouTube. [This](#) clip from Mindfulness in Schools Project is great.
- **Work together to timetable your days** to give them some structure. Plan time for work, play and exercise
- **Keep a journal** of thoughts and feelings
- **Create drawings and artwork.** www.twinkl.co.uk has lots of mindfulness colouring that can be downloaded.
- Remembering the 'Healthy bodies, healthy minds' mantra, **find opportunities for physical activity.** There's loads on YouTube, and Joe Wicks will be doing a [live 30-minute workout](#) at 9am Monday – Friday on his YouTube channel.
- **Listen to music.** Sing or dance along to lift your spirits
- **Find opportunities to laugh.** What about funny films, made up stories and joke books?

Top tips for adults

- **Limit your news consumption.** Stay in tune with all the government guidelines and any changes that are taking place, but try not to read/watch/listen to the news on a loop. Make sure any news you consume is from a reputable source, such as the BBC, and get updates on Coronavirus from the [NHS](#) and [Public Health England](#).
- **Give social media a break** if you feel it is affecting you negatively. You can always mute certain WhatsApp groups or 'hide' Facebook posts/feeds that are overwhelming
- **Stay connected** with friends and family – use apps such as WhatsApp, Zoom, Houseparty
- **Create a routine** which gives you some normality as well as some variety
- **Practise mindfulness** to maintain hopeful, positive thinking. 'B Mindful' recommends the following Cognitive Behavioural Approaches:
 - **Acknowledge:** it's important we acknowledge the uncertain situation we find ourselves in
 - **Try not to react:** pause and breathe
 - **Don't believe everything you think or feel about the situation;** thoughts are not facts.
 - **Let go;** let go of any negative thought or feeling. It will pass, try closing your eyes and imagine the thought or feeling floating away
 - **Be present;** explore and be present in the moment
 - **In your free time;** read books, actively listen to your loved ones, get creative, draw, bake, be still, meditate, practice yoga, go for a walk, run, bike ride, cook good food from scratch, nurture relationships.
- **Remember to ask for help** when you need it

