



Central Academy

The best in everyone

Part of United Learning

AFR/LFA

25th January, 2021

Dear Parents/Carers

Re: Mental Health

Mental health continues to be a concern for many parents as children adjust to their new routines and change in circumstances. Please find below some ideas to help to promote wellbeing in children and adults.

Things to do to help your Mental Health

- **Try and get a good sleep pattern** - go to bed at the same time and get up at the same time, this may be hard to start with but keep trying and your body will hopefully adjust.
- **Get some exercise** - If you can, try and go for a walk every day or do an online workout such as Joe Wicks. Being physically active can lift your mood, reduce stress and anxiety, encourage the release of **endorphins** (your body's feel-good chemicals) and improve self-esteem. Exercising may also be a good distraction from negative thoughts.
- **Talk to someone** - This could be your parents, friends, or teacher. It is hard to feel connected during lockdown however having some kind of social interaction will help you feel better. Don't shut yourself in your bedroom, have a phone call or video call with someone, go for a walk with a friend. Also, sharing your worries and anxieties can put them in perspective and make them feel smaller than if you are dealing with them by yourself.
- **Distract yourself** - When your negative thoughts/anxiety gets overwhelming, try to break the cycle of those thoughts by distracting yourself - read a book, watch some funny videos on YouTube, call a friend, watch a TV show, listen to some music or learn a new skill.
- **Be in the present** - Don't worry about what ifs - make a list of things you are grateful for now. Go outside - what can you see, hear, smell, touch. Make your brain think about the here and now.

Links to useful resources

Young Minds continue to provide a range of excellent resources and activities for parents to use in supporting their children:

<https://youngminds.org.uk/find-help/forparents/supporting-your-child-during-the-coronavirus-pandemic/>
www.kooth.com - online counselling and support service for young people. Articles, journal, and forum to support mental health issues.

ThinkNinja - ThinkNinja is a NHS mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well. This app is currently free to download during the coronavirus crisis.



Principal: Miss C Bacon

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Registered address: United Learning, Worldwide House, Thorpe Wood, Peterborough, PE3 GSB

Central Academy

Victoria Place

Carlisle CA1 1LY

t 01228 822060

Attendance Line 01228 822070

e info@rrca.org.uk

www.rrca.org.uk

Childline.org.uk/ 0800 1111 - Online articles and advice to help you stay resilient and look after your mental health. Phone line is available for children and young people to talk to someone

Anna Freud- provides resources for children and parents.

Please find below a link to a resource which helps parents to talk about mental health with their children.
<https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-secondary-school/>

On-line Safety

As we have all moved more online it is important to remember our basic e-safety principles. Please speak to your children about this.

- Never communicate with anyone you don't know
- Never share personal information
- Never share passwords
- Be kind online—just because it's typed doesn't mean it doesn't hurt
- Report anything suspicious to a trusted adult

<https://www.thinkuknow.co.uk/>

As always, if you need any advice or support, or you are worried and would just like to talk to someone, please contact school via email Centralsupports@rrca.org.uk

Yours faithfully



Mrs Frankish
Vice Principal