



April 2020

Dear Parents/Carers

### **Well-being Support for You and Your Child during School Closure**

I hope this letter finds you and your family well. I have tried to create a one-stop document which should link you to local and national advice/ guidance about how best to support the well-being of you and your family during this period of uncertainty.

### **Support for your Child**

All students have been emailed with a 'Student Safety Contact' document and this can also be accessed via the College website under the 'Quick Links' section on the homepage. In the document there are a number of links to charities and organisations who specialise in supporting children with a wide range of issues and some useful apps which students can download and are safe for them to use.

Also, students should be able to access a range of resources on their Firefly pages <https://minsthorpe.fireflycloud.net/wellbeing-support> which offer strategies and advice about how they can stay physically and mentally healthy.

### **Online Safety**

Students can also access the e-safety/online safety documents on Firefly <https://minsthorpe.fireflycloud.net/be-safe-feel-safe-1/be-safe-online/online-safety-tasks-at-home> and look on the College website for further advice. Clearly, many will be working online to complete learning and it is important that they have the knowledge to stay safe online. One top tip for parents/carers is that many internet providers have their own parental controls, usually the details can be found on their homepage. This will help you to be able to activate controls at home in order to monitor what your child is doing online.

Please can you encourage your child to explore all of the areas above as they may find something useful to help them during this time?

This is an ideal time for teenagers and parents to watch the video together and begin the conversation about why we need to be so careful online. (you may wish to check that the content is suitable for your child first)

You can find the video here: <http://www.breckfoundation.org/brecks-last-game>

### **Support for you as a parent/carer**

I am mindful that as a parent/carer you may also want a few more resources to help you in supporting your child. I hope that some of the links below will be useful to you. Can I remind you that the College Website [www.minsthorpe.cc](http://www.minsthorpe.cc) also has a wide range of resources held within the Parent 'Safety Section'?

Remember that you can still contact the College via the messaging service in the School Gateway app or by emailing in to [enquiries@minsthorpe.cc](mailto:enquiries@minsthorpe.cc).

Yours sincerely

*J Collins*

Mrs J Collins  
Assistant Principal (Student Wellbeing & Safety)

## Support for you as parents and carers



Looking After Yourself.pdf



guide\_to\_living\_with\_worry\_and\_anxiety.pdf



Useful contact information for parents



PSHE and SEMH Parent Resources.pdf

<https://talking.turning-point.co.uk/wakefield/my-turning-point/>

<https://parentline.com.au/parents-carers/issues/parent-wellbeing>

<https://www.annafreud.org/media/11242/looking-after-each-other-ourselves-final.pdf>

<https://coronavirusresources.phe.gov.uk/now-more-than-ever-every-mind-matters/>

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

<https://www.camhs-resources.co.uk/>

## Keeping your child safe online



AACOSS tips for young people.pdf

Please use our Website to access a wealth of privacy guides and links to other Organisations whom specialise in Online Safety such as these below



<https://www.childnet.com/resources/online-safety-activities-you-can-do-from-home>

<https://www.thinkuknow.co.uk/parents/><https://www.net-aware.org.uk/>

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

## Talking to your child



Talking to children and young people a



EP Support re talking to older chil



cgo-childrens-guide-to-coronavirus.pdf



COVID19\_advice-for-parents-and-carers.

<https://ineqe.com/2020/03/20/animation-story-book-explains-the-coronavirus-to-children/>

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>