

We are well aware that this is an incredibly challenging time for families, and as a school we believe that not only should our students have the right to access a quality education, but to also for students and families to have their Mental Health and Wellbeing thought about to.

It is important for all of us to be able to take some time to look after ourselves, as-well as our children. Below are a few ideas and help websites, towards achieving this.

We hope that you find this useful.

Mindfulness

- Our children's Mental health and Wellbeing is also incredibly important. Child Line have created the "Calm Zone' for breathing exercises and much more.

Cosmic Yoga

- Simple Yoga sessions that incorporate stories into the Yoga poses.

Young Minds

- Looking after your mental health and wellbeing through self-isolation

Talking to Young people about Covid 19

- Advice on how to talk to young people regarding Corona Virus