

27th January 2021

Dear Parents/Carers

At this difficult time, we are aware that many of our students and families will be facing significant challenges as we are all trying to deal with a range of issues. We have had a few requests with regards to support and advice on how to best support young people's mental health and wellbeing. It can sometimes be hard to know where to find the best advice and support. Please see below for some of the resources available which we would recommend.

- One of the most useful websites for online advice and support on a range of issues is <http://www.justnorfolk.nhs.uk/> The website has links to Covid-19 resources for families as well as parents helpline for advice on a range of issues.
- We would also advocate [youngminds.org.uk](http://youngminds.org.uk) which provides both parents and young adults with tips, advice and guidance on where you can get support for your mental health during the coronavirus (COVID-19) pandemic.
- The Anna Freud National Centre, <https://www.annafreud.org/> is an excellent site, which has wellbeing advice for parents and carers, support with how to handle conflicts and disagreements within the home. They also offer direct support, through the [AFC Crisis Messenger](#) which is a text service that is free and confidential, it is available 24/7 for anyone who is feeling overwhelmed or is struggling to cope.
- Finally, we would like to remind you and our students of [Kooth](#). A service commissioned by the Norfolk and Suffolk Foundation Trust. It is a free online counselling and emotional wellbeing service for young people who either live or attend school in the county. It is available for all young people in Norfolk aged 11-25. It provides a safe, secure means of accessing help via the internet from a professional team of counsellors.

Our school website has also been updated to include links to resources for mental health and wellbeing. They can be found in the Student section of the website under the 'Mental Health and wellbeing' tab.

Over the next week we will as a whole school community raise awareness about wellbeing through the celebration of [National Children's Mental Health Week](#) which is taking place on 1st-7th February 2021. We will ask students to take part in a google wellbeing survey, which will be shared through the google year group classrooms, there will be an assembly and on Friday 5<sup>th</sup> February we will have a day off time table, to provide children with a 'circuit break' day, where we ask for their wellbeing that they try to catch up on work they are behind in, which we know they appreciated in the last lockdown. We will provide a range of activities linked to emotional wellbeing for students/families who wish to take part.

If you would like any further advice or support around mental health and wellbeing please feel free to contact us at this email address. [engage@acle.norfolk.sch.uk](mailto:engage@acle.norfolk.sch.uk)

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**WENSUMTRUST**

FOR CHILDREN, FAMILIES AND COMMUNITIES

I hope that everyone stays safe and well in these challenging times.

Kind Regards

A handwritten signature in cursive script, appearing to read "Cath Skarin".

Ms C Skarin  
Assistant Principal for Personal Development