



APHS Pastoral and SEN Team



Announcement!!



As of this week, the Pastoral Team will be available to take telephone calls from 9-12 midday on Monday's, Tuesday's and Friday's. (not Bank Holidays). Please contact us if we can be of any help. We are also available on email: aphs_pastoral_group@nsix.org.uk where you will get a response from Mrs Sperry, Mrs Boyd-Stevenson or Mrs Thompson

Take a Break!! We all need a break so in each newsletter we will be bringing you tips on what you could do:

Walk! When we go for a walk, endorphins are released into our bodies, increasing our sense of wellbeing, as well as acting as a pain reliever. It also lowers cortisol which is our stress hormone. You could do a scavenger hunt, treasure hunt or set yourselves a challenge. Let us know what you are doing to keep busy, and we can share activities with other families.



Above all else, please know that we care. We do not always have all the answers, and may not be able to make it better, but we have lots of agencies and contacts who are able to offer help and support at this time.

Support and Advice

Times are strange and sometimes a bit difficult for everyone at the moment. Below are some contacts if you require any support or advice:



Just One Number - 0300 300 0123- Provided by Norfolk County Council

Point 1 - 0800 977 4077 or point1-support@ormistonfamilies.org.uk

Mental Health Support for Young People. Parents/carers can call for advice and support.

Anna Freud Centre - <https://www.annafreud.org/on-my-mind/self-care/> Online support for children aged 11+

University of Reading - <https://www.futurelearn.com/courses/depression-young-people> **Free course for Parents/Carers about Understanding depression and low mood in young people**