



Hylands School

Well-being Newsletter, January 2021

Dear Parents/Carers

My name is Hannah Norton-Lawrence and I am the Mental Health and Well-being lead at Hylands School. I hope this newsletter finds you all well. This is a tough time for families; coping with our own anxieties, juggling work, children, home education and caring for relatives. I have lots of information about how to support young people's well-being during this time and I thought it might be useful to share some of it with you.

The charity Barnados have identified the reasons why young people are struggling with the current situation; missing social contact, peer support, lack of personal space, getting away from family arguments, too much focus on school work, missing out, the fear of Covid-19, young love and anxiety.

Here are some things that might help relieve tensions:

- * Check in regularly to see how they are doing
- * Go for a walk together (you don't have to talk, just be there)
- * Encourage them to stay in touch with friends and family
- * Stay calm when talking about Covid-19
- * Minimise news updates
- * Accept we can't control everything
- * Give them space
- * Reward them for complying
- * Encourage them to exercise and / or get fresh air
- * Try not to over rely on them
- * Try to stick to a routine but be flexible and realistic
- * Make sure they know about support lines and that it is fine to ask for help (more information below)
- * Help them to develop coping strategies i.e. exercise, sleep, mindfulness (*calm app, headspace app*)



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- * Encourage them to keep connected but make sure they know about on-line safety
- * Be realistic—sometimes young people break the rules, this is part of them becoming an individual and pushing the boundaries
- * If they do go out alone, talk to them about safety i.e. not engaging with strangers, social distancing and washing hands when they get home
- * Make a list together of things you can look forward to

[Speak to school or support agencies for further advice and support:](#)

There are lots of people at school to support you.
Contact your child's form tutor, Head of Year, PSM or a teacher.

Additional resources:

<https://youngminds.org.uk/find-help/for-parents/>

<https://www.barnardos.org.uk/blog/how-help-your-teenager-staying-home-during-lockdown>

<https://www.annafreud.org/>

<media/11453/7waysanxiety.pdf>