



# Eaton Primary School



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## Safeguarding & Well-being Guidance During School Closure

### How parents/carers can support their children at home:

With Coronavirus (Covid-19) in the community, the Under 14's Child and Family Mental Health Service have developed some key points about looking after mental health during this time.

The uncertainty of the current situation may feel worrying, and there are things that you will not be able to control. However, there are things that you CAN do to promote good physical and emotional health.

Norfolk and Suffolk NHS have given some ideas below of how you can keep doing these things at this time. There are also a number of sources of support for mental health if you are finding it hard to cope.

Services are likely to be working with less staff, so it will be best to make the most of their website resources rather than contacting them by phone.

### Just One Norfolk - [www.justonenorfolk.nhs.uk/](http://www.justonenorfolk.nhs.uk/)

A local resource providing advice on all aspects of life for a child/ young person. Specific information about emotional health for young people and parents. An App is also available.

### Young Minds - [www.youngminds.org.uk/](http://www.youngminds.org.uk/)

Lots of information about young people's mental health, with various resources available. Parents' helpline also available.

### Childline - [www.childline.org.uk/](http://www.childline.org.uk/)

Lots of advice for children, young people and parents/ carers. Plenty of ideas for activities too.

### Routine

People tend to like routine. Our bodies appreciate it, and our minds can be calmed by the predictability of it. With schools closed, it might be tempting to treat every day like a weekend. It is important, though, to create a new routine that includes the important daily activities, such as those below. Make one together that works for you.

### Eat Well

Being at home more might mean easier access to treats. These can make your mood and energy levels fluctuate. Try to keep a routine to mealtimes and choose foods that will nourish the mind and body. See for tips and ideas - [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

## Learning Together Through Challenge

## **Sleep well**

Good quality sleep promotes emotional wellbeing, and helps your body stay healthy too. Try to keep a good bedtime routine throughout the week. If you are struggling with sleep, see for tips and advice - [www.youngminds.org.uk/find-help/feelings-and-symptoms/sleepproblems](http://www.youngminds.org.uk/find-help/feelings-and-symptoms/sleepproblems)

## **Keep active**

Meaningful activity (doing things that you enjoy and/ or get a sense of achievement out of) is important for mental health. This can be anything from creating your own board game to having a home disco or making a rocket out of junk. Schedule in some physical activity every day too. Even if you are at home a lot, you can still get your 60 minutes of daily exercise, e.g. dancing, or exercise videos. See **YouTube** or [www.bbcchildreninneed.co.uk/schools/primary-school/joe-wicks-work-out-videos/](http://www.bbcchildreninneed.co.uk/schools/primary-school/joe-wicks-work-out-videos/)

## **Keep learning**

Schools will provide work for children to do whilst we are closed. Learning is good for confidence and can reduce boredom. Plan learning into every day. Perhaps you could develop your own learning community with your school friends through a daily video call - **Facetime/ WhatsApp/ Skype** - where you can set each other quizzes or ask for help with any school work you don't understand.

## **Keep in touch with friends and family**

Social distancing is very important at the moment. However, there are many ways to continue communication safely (e.g. share photos and messages through texts, calls, email or social media). Keeping in touch with friends and family will be good for your mental health as well as theirs.

## **Stay informed, not overwhelmed**

The media is focusing a lot on health updates at the moment, and our conversations, social media and emails are too. Whilst it is important to keep updated, it may feel worrying to be hearing so much about it. Notice urges to keep checking, and if you're feeling overwhelmed perhaps restrict your use of social media/ the news and encourage alternative conversations with friends/ family.

### **Emergency Numbers**

If you are concerned about a child, your own or others:

#### **Children's Advice and Duty Service**

Contact the Norfolk County Council Customer Services on 0344 800 8020 who will put you through to the Children's Advice and Duty Service if the call concerns a child's safety. You can call with any safeguarding concern you might have about a child.

#### **NSPCC**

0808 800 5000

#### **Childline** (help for children and young people)

0800 1111

## **Learning Together Through Challenge**

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