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Proudly using recycled paper #ecobeckfoottrust

Dear Parents and Carers

Parental Update: Covid 19 Supporting Wellbeing

During this challenging time we wanted to make contact to let you know that, even though our school is currently closed to all but a few children, we're still here to support your child and your family in whatever way we can.

You might be noticing signs of increasing anxiety in your child as they're spending more time indoors and out of their normal routines. Signs might include:

- Acting out – this might include things like picking fights with you or with siblings.
- Becoming afraid to leave the house.
- Distancing themselves from their friends and family.
- Exhibiting intense emotions but being unable to talk about what they're feeling.

We've put together some resources and information to help you support your child. We hope you find these helpful.

If you have any concerns about how your child is coping or you need any other support from the school, please let us know by contacting your child's Head of Year:

- Year 7 Sue Peyton peytons@oakbank.org.uk
- Year 8 Sam Moran smoran@beckfootoakbank.org
- Year 9 Steve Smith steve.smith@oakbank.org.uk
- Year 10 Linda Tomlinson-Askham ltom@oakbank.org.uk
- Year 11 Jayne Whitehead jwhitehead@oakbank.org.uk
- Year 12 and 13 Emma Ellis oakellis@oakbank.org.uk

As we've all had to adapt to these new circumstances, we are extremely grateful for all the support you've shown us, and we want to reassure you that we are still here to support you too.

We can and will get through this together.

Kind regards

Tina Smith
Headteacher

Debbie Hudson
Deputy Headteacher

Take care of yourself

Headteacher: Tina Smith
CEO, Beckfoot Trust: David Horn
Chair of Academy Trustees: John Winkley

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It's really important right now to take care of your own physical and mental health. Children are very perceptive, and they react to what they sense from the adults around them.

Here are some things you can do to help keep yourself healthy.

Connect with others

Maintain relationships with people you care about through phone, video calls, email or even write letters.

Exercise

Take some time every day to move. You could go for a walk, run or bike ride. You'll also find lots of fitness videos online for everything from Yoga to dance. Our very own PE team are putting on sessions from 10am. Find something you enjoy and that makes you feel good.

Eat healthy meals

Try to keep a well-balanced diet and drink plenty of water.

Get some sleep

Being anxious or worried can have a big impact on your sleep. If you're struggling to get a good night's sleep try to develop a calming bedtime routine – for example, do 10 minutes of Yoga or listen to calming music. There are also apps you can download that provide guided meditation to help you get to sleep more quickly.

Turn off the news

It's important to keep up-to-date, but the 24-hour news cycle can make you more anxious. Limit your exposure to the news to only a small amount of time, just enough to know what the latest government guidance is.

Do things you enjoy

Now that we're all spending more time at home, we can finally take up that hobby we've always meant to learn. Try baking, gardening, drawing, reading, sewing, knitting or some home improvement. These are also great activities we can share with our children.

Set goals

It's easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of walking for half an hour at least 3 times this week or reading a new book.

Connect with the outdoors

Depending on where you live, it may not be possible to spend time outside. If you don't have a garden or terrace, you can still open a window to let some fresh air and sunlight in. Put a comfortable chair by the window so you can look outside and get some air as you read a book.

Talk to someone

During this difficult time, sharing with family and friends how you're feeling and what you're doing to cope can be helpful for both you and them. There are also helplines you can call for support – we've included a list at the end of this pack.

How to talk to your child about what's happening.

No matter how calmly you manage the current environment, children are likely to be anxious, so it's important to talk to them about what's happening.

Older children will have the same anxieties about their own health and that of their family and friends as younger children. But they're also likely to feel socially isolated, and worried about the result of school closures on their education and what life will be like after the pandemic is over.

In addition to the steps above:

Reassure them

School will share any updates, including about GCSE's and A-levels, with you and them as soon as we have it – you could also check that they understand the information you've received so far, in case there are any points of confusion or worry that the school could help to clarify.

Encourage them to maintain social ties

Relationships are especially important for older children, so give them room to keep in touch with their friends.

Equip them with accurate information

For example:

- [Mythbusters](#) from the World Health Organisation.
- [Data visualisation pack](#) from Information is Beautiful (regularly updated).

Share tools to help them manage anxiety

- Young Minds: [practical steps to take if you're anxious about coronavirus](#).
- Mind: [how to take care of your wellbeing when staying home](#).

If your child struggles with higher levels of anxiety

Some children are naturally more anxious, such as those with existing phobias or obsessive-compulsive disorders. The current situation can make those anxieties worse.

- Get them to do activities such as counting, ordering and sorting tasks which can help them calm down.
- Encourage them to use relaxation techniques such as controlled breathing.
- Look out for obsessive or compulsive behaviours and try to get ahead of them early by challenging unhelpful thoughts and assumptions.

Helplines and websites for children and young people

Headteacher: Tina Smith
CEO, Beckfoot Trust: David Horn
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If your child would like to speak with someone confidentially, there are helplines and websites specifically for them:

Organisation

Contact information

YoungMinds

Free, confidential support for parents as well as young people.

This charity has opened a dedicated parents' Helpline for confidential, expert advice. You can reach them at 0808 802 5544

Shout

Free, confidential support via text, available 24/7

Text SHOUT to 85258 in the UK to text with a [Trained crisis volunteer](#) who'll provide active listening and collaborative problem-solving.

Kooth

Free, confidential support via text, available 24/7

Go to <https://www.kooth.com/> or download the app to chat to friendly counsellors, read articles by other young people, get support from the Kooth community, and write a daily journal.

The Mix

Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem.

Call 0808 808 4994 for free (11am to 11pm daily) access the [online community](#) or email [The Mix](#).

Childline

Confidential telephone counselling service for any child with a problem.

Call 0800 1111 any time for free, have an [online chat with a counsellor](#) (9am to midnight daily) or Check out the [message boards](#).

Healios

App for 10-18yr old mental health; it is to support young people isolated.

Website: [Healios Think Ninja](#)

Child Bereavement UK

Bereavement help for children during Covid 19.

[Supporting children with bereavement during Covid 19](#). Further [info sheets](#) and [supporting Students info](#).

Where to turn to for help.

It's okay to not be okay.

We all need someone to talk to sometimes. If you feel overwhelmed or at risk of abuse, there are people you can call on for support:

Organisation

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Mind

A mental health charity.

PAPYRUS

Youth suicide prevention society.

Samaritans

Confidential support for people experiencing feelings of distress or despair.

SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

YoungMinds

A charity dedicated to children's mental health.

Cruse Bereavement Care

Support for grief and bereavement.

NSPCC

Child protection charity.

Contact information

Website: www.mentalhealth.org.uk

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm; 2pm to 10pm on Weekends and bank holidays).

Website: www.papyrus-uk.org

Website: www.samaritans.org.uk

Website: www.sane.org.uk/support

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9:30am to 4pm)

Website: www.youngminds.org.uk

Phone: 0808 808 1677 (Monday to Friday 9:30am to 5pm).

Website: www.cruse.org.uk

Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline).

Website: www.nspcc.org.uk

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Phone: 0800 1111 for children (ChildLine's 24-hour helpline).

Refuge

Advice on dealing with domestic violence.

Website: www.refuge.org.uk

Phone: 0808 2000 247 (24-hour helpline).

We're here for you

We're Mind in Bradford, your local Mind mental health charity. We believe no-one should have to face a mental health problem alone. We're here for you in Bradford, Airedale, Wharfedale and Craven. Today.

We're here to help you look after yourself during the coronavirus outbreak. It is understandable to feel worried or anxious at this unsettling time.

Call Guide-Line
01274 594594

Confidential telephone helpline for adults and children. Lines open 12pm-12am every day.



Mind in Bradford is a registered charity No.1142357

There are things you can try that could help your wellbeing:

www.mindinbradford.org.uk/self-help/coronavirus

