



Engage Enthuse Empower

Castilion Primary School

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Dear Parents/Carers,

Re: Wellbeing and Safeguarding

We are writing today to explain our provision for students’ wellbeing over the coming weeks. In terms of our pastoral support - this never stops. Class teachers are available every day to reassure and give advice, either online or over the phone. Our class teachers, Learning Mentor and Safeguarding Team will continue to be on call and available to you, should you be concerned about anything. Do not hesitate to contact any of us; either by Class Dojo or emailing the schools safeguarding email:

safeguarding@castilion.bexley.sch.uk

These will be looked at every day and we will endeavour to act on anything you tell us as quickly as possible.

This letter and our website provide some really useful online resources relating to wellbeing and the support of good mental and emotional health. There are lots of sites and apps emerging all the time giving advice on managing stress and anxiety levels, some of which are listed below. Please do let us know how helpful they are and if you are using any other sites that have benefitted you; we can then share them via our social media channels and website.

Useful wellbeing apps to download	Key wellbeing strategies that work
<ul style="list-style-type: none"> • Headspace – <i>now on Netflix</i> • Calm • Recolour (colouring in for adults) • Breathe • Breathe2Relax • SAMAPP (anxiety management) • Mood Tracker (MIND) • Thought Diary • Positivity Thinking • Smiling Minds 	<ul style="list-style-type: none"> • Listening to favourite music • Watching a good film and laughing out loud • Keeping a diary of activities and your feelings • Eating healthily and adopt an exercise routine • Fresh air – walking, jogging! • Mindfulness breathing every day for 10 minutes: • “Breathe in for 7 and out for 11” / yoga exercises online • Take a mental health break from all forms of social media - at the very least it will help your eyes! • Sleep...routine...turn phone off by 9pm

There are also a number of outside agencies that support wellbeing, many of these can be found online, on our school website and by contacting your own GP. In addition to this, the following contacts are recommended:





- **NHS 'Every Mind Matters'** for advice and top tips on mental wellbeing please visit: www.nhs.uk/oneyou/every-mind-matters/
- **MIND** - mind.bexley.org.uk 08081963896 Mon- Fri 9.00-5.00pm or Bromley, Lewisham & Greenwich 02088532395
- **Barnardo's** for help with the emotional impact of coronavirus and the potential isolation of remote learning <https://www.barnardos.org.uk/see-hear-respond> or call 0800 157 7015 (9am-9pm Monday to Friday) for more information.
- **'SHOUT'** and the Crisis Text Line are offering a free text service. Anyone, of any age, who requires immediate mental health support just needs to text **SHOUT** to 85258 for free 24/7 support, to start a confidential conversation with one of their trained **Shout** Volunteers.
- **Kooth** is a mental health and wellbeing online platform for young people aged between 10 and 16 years of age. The service is free and can be accessed 24 hours a day. It offers a chat to a friendly and qualified counsellor during the following hours: Monday to Friday, between 12.00 noon and 10.00pm and at weekends between 6.00pm and 10.00pm.
- **Chat Health** via 07520 618850 between the hours of 9.00am and 5.00pm, Monday to Friday – this text service provides support for physical and mental health.
- **Nscop.org.uk** – Have a wide variety of support and advice to address home issues e.g. depression and anxiety, structures and routine, online safety.
- If you have any concerns related to the online safety of your child, the designated team for **Child Exploitation and Online Safety team (CEOP)** are the best people to contact.
- **Family Lives** – A national family support charity helping families and parents to deal with changes that are a constant part of family life. <https://www.familylives.org.uk/>
- **Citizens Advice Bureau** – Free, confidential advice to anyone who lives or works in the borough of Bexley. Staff are trained to give advice and information on issues such as money, debts, housing, employment, welfare benefits, education, health and family matters. <http://www.bexleycab.org.uk> OR <https://www.greenwichcab.org.uk>

There is further information provided by Bexley Shield (safeguarding partnership for children and young people) that is on our school website.

Sadly, there will be some of us that are affected by the loss of loved ones and there are specific sites which can help with grieving and loss:

Outside agencies	In terms of our in-school support
<ul style="list-style-type: none"> • 'Tell Us Once' on the government website provides help with notifying agencies of a loss. • 'Sudden' is the recommended bereavement helpline by NHS: 0800 2600 400 and open from 10am-4pm on Mon-Fri - they help with advice, guidance, and support in terms of practical help. 'Mind.org' a wealth of resources and advice for all ages in dealing with bereavement and mental health issues 'At a loss' a place to get support and chat on-line • Citizens Advice Bureau for assistance and practical advice • Cruse Bereavement offers face-to-face, telephone, email and website support. Freephone national helpline, local services and a website specifically for children and young people https://www.cruse.org.uk 0808 808 1677; 0208 304 5245 	<ul style="list-style-type: none"> • We are always here with a listening ear should you need to talk. • If you would like a weekly check-in, this can be arranged. • Our school Learning Mentor is happy to touch base with you to help you manage your emotions at such a difficult time. • Keep channels of communication open – keep talking to us so we can support you.



Please do let us know if your child is struggling; it is a sign of strength not of weakness to say you need help. We endeavour to offer our full support during this difficult time. Remember, take time to look after yourself and those closest to you.

Best wishes,

Mr Pepperrell, Ms Clark, Miss Blowey and Mr Nash.

Castilion School Safeguarding Team