

Welcome to Wellbeing Newsletter No. 5



St Gregory's Useful Wellbeing Links:

Anna Freud National Centre for Children and Families

Website: <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Key stages: Early Years Foundation Stage to Key Stage 2

Description: wellbeing advice for all those supporting children and young people.

British Psychological Society

Website: <https://www.bps.org.uk/news-and-blogs>

Key stages: Early Years Foundation Stage to Key Stage 2

Description: advice on dealing with school closures and talking to children about COVID-19.

Children's Commissioner

Website: <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

Key stages: Early Years Foundation Stage to Key Stage 2

Description: a downloadable guide for children about coronavirus.

MindEd

Website: <https://www.minded.org.uk/>

Key stages: Early Years Foundation Stage to Key Stage 2

Description: an educational resource for all adults on children and young people's mental health.

Registration: is required

The Child Bereavement Network

Website: <http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx>

Key stages: Early Years Foundation Stage to Key Stage 2

Description: advice on supporting grieving children during the coronavirus outbreak.

Mind (for young people section) - <https://www.mind.org.uk/information-support/for-children-and-young-people/>

Childline - <https://www.childline.org.uk>

Have a look on <https://myhappymind.org/>

There are online videos and podcasts that can offer support to help your child build self-esteem and resilience.