



Supporting your mental wellbeing

The Government have produced some information about supporting the health and wellbeing of children and families during this crisis.

The guidance can be found here <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

General tips:

- ◇ Have a routine
- ◇ Get dressed
- ◇ Get some fresh air
- ◇ Don't stress to complete all the learning tasks - Do fun things together too
- ◇ Eat healthily
- ◇ Do some exercise

We are here to support you though this - Denese can be contacted via school or she is on the unofficial facebook group and teachers can be contacted through the class email addresses. Information is available through the website, the App, on our Twitter feed and by our texting system. PLEASE CHECK and message us, we miss you!

