

Dear Parents/Carers

Mental Health Week – support for you too

In recent weeks, we have all been challenged by the demands of the latest lockdown. For some, it has been a boring and monotonous period where each day seems like the last; for others, it has been far more than that. We know well that some of our families are facing challenges that are hard to bear. Whatever you are facing, we want you to know that we understand, we care and we are here to help you as well as your children.

This week's mental health focus could not be more important. In the past few weeks, during assemblies we have focused on children maintaining the 5 ways of well-being: connect; be physically active; learn something new; give to others; take notice. These lessons are simple. And, they are vital aspects of mental health which, if practised, will help your child to develop strategies to cope now and in the future with the challenges they may face in their lives.

It's so easy for parents to think that they do not apply to us as adults. But, they do! As a school team, we use these as element our team meetings – and at the time they are the hardest, they are the most important to practise. We would love to see you included in your child's photos: making connections, learning something new, being active...

What support is there for me as a parent?

Firstly, we want you to know that we are here to help. All you need to do is call or email and ask to speak with one of our team. Remember, our pastoral support email address is monitored daily by our Learning Mentors: pastoralsupport@kingsway.gloucs.sch.uk. Even if we don't have the answers, we probably know someone who does or who could help. Our school is often the gateway to a range of other services – all you need to do is reach out.

Place2be

Place2be is the charity responsible for establishing mental health week. The patron, the Duchess of Cambridge, sends a powerful message about her charity's work and the importance of parents looking after their mental health: <https://youtu.be/PEBURwEL9HM>

The Place2be website is also a useful starting point for additional support:

<https://www.place2be.org.uk/>



Samaritans

Although the charity focuses on support for children, it also links with the Samaritans who are available for support 24/7 whenever you need an ear: <https://www.samaritans.org/>



Courses for adults to help with family life

Gloucestershire Adult Education are offering courses for parents and this site has a range of courses for parents to complete that would help with family life. They are also offering courses for children during half term too. They are also free which is always good news.

<https://www.gloucestershire.gov.uk/adult-education-in-gloucestershire/courses/family-learning/family-wellbeing/>

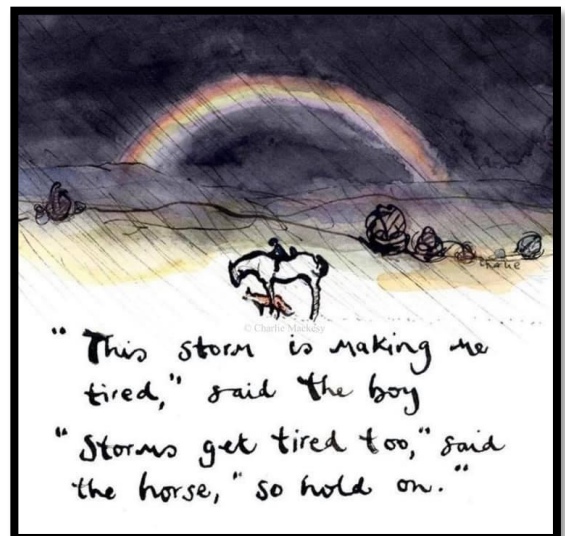
School website

In addition to the charities above, please remember our school website is also a great place where you can find lots of additional support – just look at the drop down menu on the 'About our school': <https://kingswayprimary.org.uk/>

While we are apart, it is important to remember that we think about you all every day. The classrooms, corridors and playgrounds do not feel the same without every member of the Kingsway family. But, we look positively to the future knowing we can help each other on the way.

With kindness, perseverance and success

L Pajak
Headteacher



Kindness Perseverance Success