



# St. Mark's Catholic Primary School

Headteacher Mrs. D. Linley



Friday 19<sup>th</sup> June 2020

Dear Parents,

As Headteacher of St. Mark's, it is my duty to ensure that your child does not just receive an academic education here but also a spiritual, moral, social, emotional, vocational and cultural one too. Our well-being is closely related to our social relationships. An example of this can be seen when we exchange unkind words with a friend or loved one, we often don't feel good about it afterwards because social relationships matter to our well-being. They matter to not just our children but to us as adults too. I understand that many of you are having different experiences and facing a range of challenges during Covid-19. Experiences can feel much worse when you have no one to share them with, it is easy to feel isolated, and our mental health can easily suffer as a result. This is the same for our children! However, where we may have a moan to someone, children may shout, lash out, scream or throw a tantrum because it is much harder for children to make sense of the world and to express their feelings. As a mom to a three year old boy, I understand that parenting is not easy. If you are struggling or need some support of any kind, we may not have all the answers, but we will do our best to find the right support for you.

We want to work with you to support you in supporting your children's wellbeing and mental health. Following conversations with healthcare providers and educationalists, we have compiled a questionnaire we would like you all to complete in relation to your child's wellbeing and mental health. This can be accessed from the Covid-19 Response page on the school website, and I would be grateful if you could complete this by Friday 26<sup>th</sup> June.

## **BGfL – Online Learning**



We are aware that a number of parents have not been able to access some worksheets and resources provided by staff on BGfL, because they have been saved in Microsoft Publisher. Where possible, staff will set work on BGfL that your child can complete on paper. However, where a worksheet is necessary, as of next week, ALL worksheets for children to edit will be saved in Microsoft Word.

## **Headteacher Liturgy – Keeping in touch with our faith**

From next week (Friday 26<sup>th</sup> June), I will be leading a short Headteacher weekly Liturgy. Your child will receive this liturgy via a video link which will be available for them to watch on BGfL and it will be emailed to their school email accounts too. I am looking forward to sharing the weekly gospel with you!

## **Praise Postcards**



This week we have posted out our first set of 'Praise postcards'. These are to congratulate children on fantastic home learning as we know many children are working very hard at home and we don't want your child to feel this has gone unnoticed. We appreciate the hard work and effort children are putting in at home as well as those children working in school. Staff are monitoring ALL home learning as we do not want to miss an opportunity to address any gaps in learning or to congratulate children on their achievements.

# Managing Children's Mental Health and Well-being

## How children and young people of different ages may react

All children and young people are different, but there are some common ways in which different age groups may react to a situation like the coronavirus (COVID-19) pandemic. Understanding these may help you to support your family. The common reactions to distress will fade over time for most children and young people, though could return if they see or hear reminders of what happened.

### For infants to 2-year olds

Infants may become more easily distressed. They may cry more than usual or want to be held and cuddled more.

### For 3 to 6-year olds

Preschool and nursery children may return to behaviours they have outgrown. For example, toileting accidents, bed-wetting, or being frightened about being separated from their parents or carers. They may also have tantrums or difficulty sleeping.

### For 7 to 10-year olds

Older children may feel sad, angry, or afraid. Peers may share false information but parents or carers can correct the misinformation. Older children may focus on details of the situation and want to talk about it all the time, or not want to talk about it at all. They may have trouble concentrating.

### For preteens and teenagers

Some preteens and teenagers respond to worrying situations by acting out. This could include reckless driving, and alcohol or drug use. Others may become afraid to leave the home. They may cut back on how much time they connect with their friends. They can feel overwhelmed by their intense emotions and feel unable to talk about them. Their emotions may lead to increased arguing and even fighting with siblings, parents, carers or other adults. They may have concerns about how the school closures and exam cancellations will affect them.

If you would like further support, please speak to a school DSL about accessing support.

[WWW.FORWARDTHINKINGBIRMINGHAM.ORG.UK](http://WWW.FORWARDTHINKINGBIRMINGHAM.ORG.UK)



[www.minded.org.uk](http://www.minded.org.uk)



*Have a good weekend, stay safe and God Bless*

*Mrs. Linley and the St. Mark's Team*

