



Main Road, Smalley Derbyshire DE7 6EF  
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**Headteacher – Mrs K Mason**

10<sup>th</sup> May 2021

Dear Parents/Carers,

May I take this opportunity to thank the children for all their hard work on their return to school since March and for their continuing positive approach to learning. We have been very impressed by their resilience, attitude and behaviour and it was uplifting and joyous to see them arrive and interact when school reopened to all children last month. Thank you to all parents and carers for everything you have done to support your child through home learning, as well as with their return to school and the subsequent weeks.

I know lots of children were exhausted by the end of last term and I do hope that you all had a restful and relaxing Easter break. It has been a pleasure to welcome all children back to school again after the holiday and supporting the children's wellbeing and mental health will continue to be our key priority. Indeed, we are keen to support parents and carers also so please do contact myself or school should you have any concerns or queries at all. We are here for you all.

Please find below links to useful resources that are designed to support wellbeing and I hope also to have a section on our website in the near future dedicated to mental health. Please do reach out to us in school should you have any concerns at all and thank you so much again for all you do to help keep the children safe, secure, resilient and happy. It is a team effort to provide our children with all the care, nurture and love that they need and profoundly deserve.

With my warmest regards and very best wishes, during what is Mental Health Awareness Week.

Mrs Macdonald  
Wellbeing Co-Ordinator

Please see the links below for useful advice and guidance on mental health related issues such as how to talk to children about their feelings, how to spot signs of depression, how to get support for mental health concerns, how to support children's mental health during a pandemic, how to spot cyberbullying and so on.

Please do not hesitate to contact school should you have any queries, concerns or anxieties at all. We are here to help and will do everything we can to support you, your child and your family.

<https://www.barnardos.org.uk/what-we-do/helping-families/mental-health>

<https://learning.nspcc.org.uk/news/covid/supporting-children-young-people-mental-health>

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

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

(For information and support for children aged 11-18)

<https://www.nhs.uk/mental-health/nhs-voluntary-charity-services/nhs-services/children-young-people-mental-health-services-cypmhs-parents-carers-information/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

[https://parents.actionforchildren.org.uk/mental-health-wellbeing/?qclid=Cj0KCQjwyN-DBhCDARIsAFOELTksfgfnQafrN30OktsyCjAmSMhc5LJyMeqA3JP2SxBdSOiqw0sQkv8aAoQaEALw\\_wcB](https://parents.actionforchildren.org.uk/mental-health-wellbeing/?qclid=Cj0KCQjwyN-DBhCDARIsAFOELTksfgfnQafrN30OktsyCjAmSMhc5LJyMeqA3JP2SxBdSOiqw0sQkv8aAoQaEALw_wcB)

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

<https://youngminds.org.uk>

Please also find below useful telephone numbers in the event that you are unable to access the internet:

Child Line 0800 1111

NSPCC Child Protection Helpline 0808 800 5000

Samaritans 08457 909090

Young Minds Parent Helpline (for children's health and wellbeing) 0808 8055544