



Leen Mills Lane, Hucknall
Nottinghamshire, NG15 8BZ
Headteacher: Mrs Tammie McNamara

Holy Cross Primary Catholic Voluntary Academy

Loved, Valued, Challenged



e: office@holycross.notts.sch.uk
t: 0115 953 4577
www.holycrossschoolhucknall.com

25th August 2021

CHILDREN'S MENTAL HEALTH AND WELL-BEING

Dear Parents and Carers,

We have come to that time of year when all we see and hear around us is children returning to school. For many children, they are filled with excitement and happiness. For others, they are filled with dread, suffer anxiety attacks and struggle to sleep.

The first thing I want to say to you and for you to repeat to your child is that this is ok. It is normal for these feelings to arise. Everybody worries about changes but it is how we use our emotions to deal with these feelings that make the difference. If we deal with these emotions with fight, we get angry and lash out to hurt others or ourselves. If we flight, we hide ourselves in our room and refuse to discuss our worries; we become quiet and withdrawn. If we freeze, we remain in a state of shock, high alert, we struggle to sleep and we need our parent's constant reassurance that you're there. *"If getting into arguments with you keeps you in the room with me, then that's what I will do."* During all these actions, your child is looking for control because going back to school is out of their control. Here are some suggestions for you to consider:

- 1. During the next week, start talking about your memories from school (happy ones please). Don't lecture but enjoy story telling.**
- 2. Include your child in uniform choosing and whilst dressed, talk about sometimes how you felt as a child. Normalise these emotions as ok.**
- 3. Practise breathing techniques (there are lots of friendly ones on the internet).**
- 4. Talk about their fears and think about their worst case scenario. Put a plan of action in place.**
- 5. Remind them who they can talk to at school about their worries.**
- 6. Routine, routine, routine. Start getting into the school routine slowly. Use it as a countdown, especially bedtime. No devices 1 hour before bed. Your child may fight this but devices before bed have been proven to wake the mind for up to 3 hours.**

It has been a tricky few months with COVID and school closures. Children have been faced with isolation, sudden closures and lack of social interaction. Let's take one day at a time to help our children return to school.

You can visit an excellent website here which contains many practical ideas for parents:

<https://www.youngminds.org.uk/parent/a-z-guide/>



[Parents A-Z Guide to Support](#) | [Mental Health Advice](#) | [YoungMinds](#)

Our A-Z guide to support has information and advice on how to help your child with specific mental health conditions, and difficult feelings & life events.

www.youngminds.org.uk

If you need any further support, please feel free to email or Dojo message me and I will support as much as I can.

I look forward to seeing you all in September. Enjoy your remaining time of the summer break!

Mrs Shelton