



Church of England School  
Head of School: Mrs N J Adamson MA NPQH

30<sup>th</sup> April 2020

Dear Parent/Carers,

### Emotional Wellbeing and Support

As lock down continues and school remains closed we are aware that students may be struggling to cope with the situation. We have recently added two buttons to the school website which will enable you or your son/daughter to access further support. The 'Report A Safeguarding Concern' and the 'Request A Wellbeing Call' are both found in the student zone:

- Report A Safeguarding Concern – the link can be used by parents/carers or students to report situations where there is a concern that an individual is being physically/emotionally harmed or is at risk of harm.
- Wellbeing Call – the link can be used by parents/carers and students if you or your son/daughter feel that they would benefit from a call from a member of staff. A call may help in a variety of situations eg, if students are anxious or worried, struggling to stay motivated, missing the social contact that comes with school being closed, finding the online work difficult or struggling to cope with a lack of routine.

If you use either link you will be asked to complete a short form with some basic details eg, name, child's form and an outline of the concern. Safeguarding forms will be passed directly to the Safeguarding Team, a member of the team will contact you within 24 hours. The Wellbeing forms will be passed to the Pastoral Team and a member of the team will contact you or your child within 48 hours.

The Place2Be have also set up some online counselling provision, that you and your child may find useful, all of the provision is free to access

1. ThinkNinja (operated by Helios): is an app based services, being offered free of charge during this time to Place2Be partner school students (aged 10-18 years). The app provides support on mental health and emotional wellbeing along with coaching tips for staying well and handling distress. [<https://www.healios.org.uk/services/thinkninja1>]
2. Kooth: an online service which offers online counselling and wellbeing support. Young people (10-18) can sign up themselves with no referral needed. The service offers a range of therapeutic tools and activities. It is open 365 days a year, currently from 12-10pm weekdays and 6-10pm weekends. This is an anonymous service, everything is pre-moderated and confidential. No personal details or real names are gathered. All the counsellors are trained, qualified and experienced working with young people. [<https://www.kooth.com/>]
3. Shout: A 24 hour crisis text service which Place2Be have been working with for over eighteen months. This service is primarily aimed for students aged 10 years plus and is delivered by a team of crisis volunteers. [<https://www.giveushout.org/>]



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Please remember that although school is physically closed we are still here for all members of the Bishop Ramsey community. If you require any support or assistance, please do not hesitate to contact us.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'A Maycock', written in a cursive style.

**Miss A Maycock**  
**Assistant Headteacher**