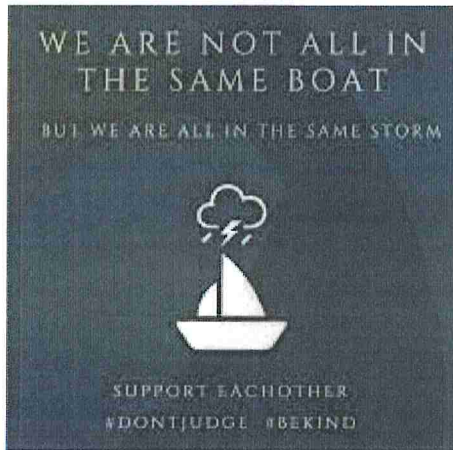


Dear parents and students,

Wellbeing focus

Lockdown v3 is difficult for many people; students, teachers, parents alike. It is a personal responsibility to take care of yourself so that you are able to support others. So, over this weekend and moving forward, please consider how you are keeping yourself healthy, both physically and mentally. *Have you tried the PE department's Fitness challenges?*



Form Tutor phone calls:

Staff at DSTC are periodically phoning students to check on wellbeing and learning. Please make sure you answer the phone. We want to hear your voice!

Wellbeing:

Well being wise, I've listed some of my top tips and top support sources. Have a look and don't be afraid to use them. Everyone needs a bit of help sometime!

If you're still a bit wobbly then please do contact your Pastoral Leader in the first instance:

- Years 7&8 - Mrs Harrison - yvonne.harrison@dstc.kent.sch.uk
- Years 9&10 - Mrs Sutton - lorna.sutton@dstc.kent.sch.uk
- Years 11/12&13 - Mrs Harvey - esther.harvey@dstc.kent.sch.uk
- Safeguarding - Mrs Ellis - Vice Principal & DSL - deborah.ellis@dstc.kent.sch.uk

Take care and look after yourselves,

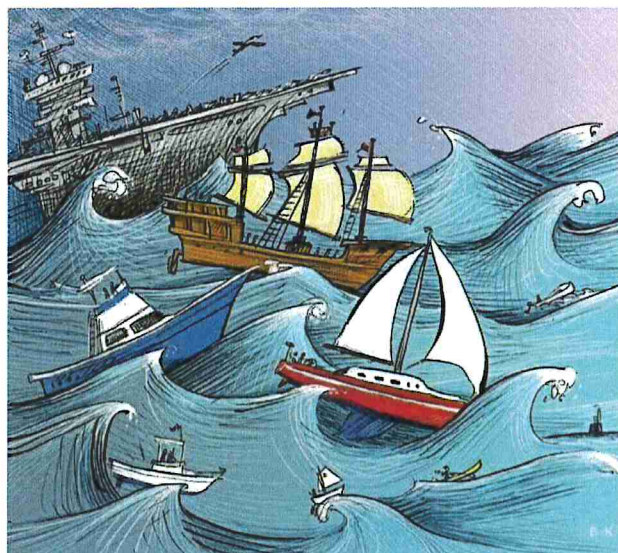


Mrs Ellis
Vice Principal
Designated Safeguarding Lead

Wellbeing Tools

Top Tips

- Take regular breaks from the computer/device and leave the room where you're working to make a drink, eat lunch, talk to someone or just stretch your legs
- Plan time to talk to friends either on a video call or the phone
- Do at least one thing you enjoy every day e.g. reading, drawing, playing music, watching a favourite TV programme, spending time with your pet
- Get some exercise e.g. walking, an online workout, playing on a trampoline
- Learn how to use mindfulness to find mental space away from the busyness of the day and help you cope with stress and worries. Mindfulness for Teens has resources to help you practice this. <http://mindfulnessforteens.com/resources/>



Advice & Support

If you need someone to talk to, or advice about worries or difficulties you are having here are some free services you can easily access from home:

1. **Kooth** - free online mental health and wellbeing service for young people aged 10 to 16. You can get advice, information and support 24/7 or can chat to a friendly, qualified counsellor Monday to Friday between 12noon to 10pm and Saturday and Sunday between 6 to 10pm. <https://www.kooth.com/>
2. **Moodspark** has tips and resources to support young people with improving their mood. <https://moodspark.org.uk/>
3. Young people aged 11 to 19 can text a member of the **NHS Chat** Health team about any physical or emotional health concerns they have. This service is available Monday to Friday, 9am to 5pm on 07520 618850. <https://chathealth.nhs.uk/>
4. **Kent Youth Health** provides health information and advice directly to young people. <https://www.kentyouthhealth.nhs.uk/>
5. **Release the Pressure** are available for in-the-moment help for any age, 24/7. Call 0800 107 0160 or text Kent to 85258. <https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure>
6. **Reachout Youth** is a free service offering support to young people throughout West Kent. Our trained and supportive staff are delivering weekly virtual groups so you can still have a safe space to talk about things you might not usually share with friends or family. <https://www.mentalhealthresource.org.uk/reach-out-youth>
7. **Young Minds** is a charity that offers support and information for young people on a range of mental health conditions. <https://youngminds.org.uk/>
8. **B-eat (Beating Eating Disorders) Youth Helpline** provides information, help and support for anyone affected by eating disorders. Telephone 0845 634 7650 (Monday to Friday, 4.30pm to 8.30pm; and Saturday, 1.00pm - 4.30pm). <https://www.b-eat.co.uk/support-services/helpline>
9. **The Sleep Charity** provides advice and support for all ages on getting a better night's sleep. <https://thesleepcharity.org.uk/>
10. **Stonewall** provides support, advice and signposting surrounding LGBTQ+ <https://www.stonewall.org.uk/help-advice/whats-my-area>