

Supporting Students' Mental Health

Remote learning will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as they can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends every day might take its toll. If students start to feel anxious, they are certainly not alone.

All staff at Redmoor (teachers, non-teachers, support staff and pastoral staff) can be contacted by email to provide support and advice.

This lockdown, we'll be sharing a weekly wellbeing check with our students. It features tips to support their wellbeing whilst they're at home.



However, there are some other reputable organisations that can help.

Young Minds

Anxious about Coronavirus and its effects? It can be difficult to get the balance right between reading enough information to stay informed but not so much that you are permanently anxious. The organisation [Young Minds](https://www.studentminds.org.uk) has some great advice.

Mind

Worried about how students are coping with being in isolation at home? The organisation [Mind](https://www.mind.org.uk) has a wealth of information about how to stay positive when you are confined to the house.

YOUNG MINDS
fighting for young people's mental health



student minds

Support through coronavirus

[Student Space](#) is here for you. Access 24/7 support including wellbeing tips, resources, and access trusted support via phone, text, web-chat or email.

Or call one of these 24-hour numbers:

Young Minds Crisis Messenger, text YM to 85258 for help with a mental health crisis
Childline, call 0800 111 for free, confidential counselling
The Mix, phone 0808 808 4994 for support and someone who will listen
The Samaritans, call 116 123 or contact jo@samaritans.org



Supporting Students' Mental & Physical Health

Mindfulness:

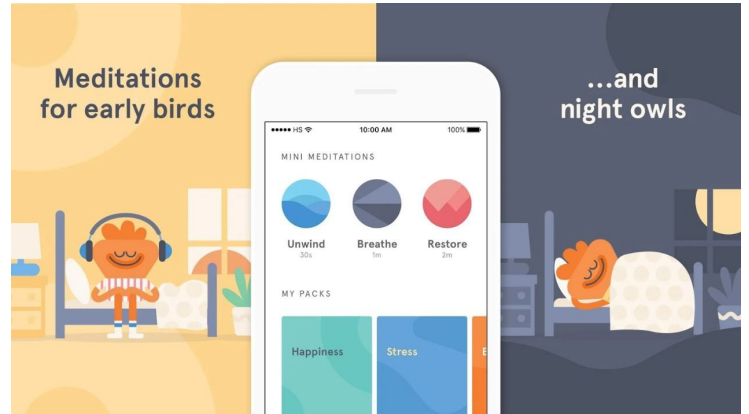


Calm

This app is also great for your meditation and breathing techniques. You can download this for free from the App store.

Headspace

This app teaches you how to meditate, helping you to stress less, focus better and sleep well. You can download this for free from the App store.



Physical Activities:



Exercise regularly

Getting your daily dose of exercise is still really important. Check guidance from the government to be sure that your children are adhering to social distancing guidance.

Joe Wicks - PE With Joe

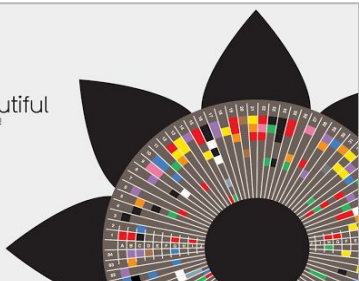
Joe Wicks, the Body Coach, is providing a 30 minute workout online three times each week (Monday, Wednesday and Friday at 9am). The sessions are available on YouTube and can be accessed at any time.



The [Sport England](https://www.sportengland.gov.uk/) website has lots of suggestions for ways in which you can stay active around the house from dancing with the kids to training for a couch to 5k.

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Scared by all the worrying facts and figures?

There are many frightening statistics doing the rounds on social media. Try the [Information is Beautiful](https://www.informationisbeautiful.net/) website which should help to put the issue in perspective. If you're a graphs geek, you'll love it!