



## **Looking after your mental health**

Having good mental health, helps us relax more, achieve more, and enjoy our lives more. We understand that children and adults may be feeling anxious, stressed, sad, lonely, or frustrated during this COVID 19 Pandemic. We sign post all our children, adults, and school community to 'Every Mind Matters' website: <https://www.nhs.uk/oneyou/every-mind-matters/>. Here, you can access simple steps to better mental health, as well as a free action plan.

To support our community further, we have identified Mrs. Lyn Roberts as our Adult Mental Health Lead and Mrs. Williams as our Child Mental Health Lead. Should you require any support at all, please contact the relevant lead for a chat. Our Mental Health Leads will consider the information given to them to determine what action should be taken to support the individual further. Our leads will follow our strict Safeguarding and Child Protection Policy when reporting any concerns identified.

Should a staff member from our school need to isolate, a member of our Senior Leadership Team will keep in regular contact with them.

Should an individual pupil, family or class bubble need to isolate, the Class Teacher will make regular contact with individuals as per our Safeguarding and Child Protection Policy.