



# Clifton High School

co-educational nursery pre-school to sixth form

<b>Policy applies from EYFS to Sixth Form</b>	<b>Mental Health and Wellbeing of Clifton High School Community Pupils, Staff, Families and wider Community Coronavirus, COVID-19 Pandemic</b>
Date policy updated	30.04.2020
Date policy to be reviewed	01.06.2020
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A shaded area denotes a regulation to which all schools must comply	

***Clifton High School is committed to child protection and safeguarding children and young people and expects all staff, visitors and volunteers to share this commitment.***

## **Related Policies**

Child Protection and Safeguarding  
Counselling  
Mental Health

## **Positioning**

The Novel Coronavirus, COVID-19 pandemic continues to disrupt the world in which we live, our families and our friends. As a School we are taking all appropriate steps to safeguard Clifton High and its community, children, staff, families and our wider community and reduce the chance of exposure to the virus. Clifton High School is a family and Senior Leadership and the Wellbeing Team are here to offer help and advice to staff members and parents alike.

Coronavirus, COVID-19 is first and foremost a global health issue but each of us has a part to play in preventing its spread and caring for all individuals in our community, whether young and old. It is of paramount importance that as a community we look to actively support each other but also consider our own personal mental health.

## **Contact**

To support this, the Wellbeing Team have set up a confidential email for pupils, parents and teaching staff. If you need advice please contact the Wellbeing Team at: [wellbeing@cliftonhigh.co.uk](mailto:wellbeing@cliftonhigh.co.uk)  
All emails will be treated in the strictest confidence and will be reviewed daily. If you would like us to call you, please include a contact number and suitable time - we will do our best to contact you as soon as practically possible.

During this crisis and uncertain period, we understand you may have lots of questions and we will do our best to answer each one. We will also direct you to the best place for information or support. Counsellor support is also available for pupils.

## **Support Resources for Clifton High Pupils and Families**

[www.camhs-resources.co.uk](http://www.camhs-resources.co.uk)

This site was created for young people, to pool together lots of helpful resources from across the internet that are available to help support their mental health and wellbeing.

<https://www.annafreud.org/>

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

The *Anna Freud National Centre for Children and Families* is a children's mental health charity with over 60 years' experience of caring for young people and their families. Their vision is a world where children and their families are supported to build on their own strengths to achieve their goals in

life. *Anna Freud* has some great information and top tips to help families work together and support each other during this time.

<https://Otrbristol.org.uk>

(11-17 year old's) *Off the Record* has a weekly online schedule of events, starting each Monday including Yoga, Resilience lab sessions, digital hubs in entertaining yourself whilst self-isolation.

<https://youngminds.org.uk>

*Young Minds* now have a section on their website dedicated to Coronavirus and Mental Health support for young people and their families at this time. This includes blogs on coping with OCD during the pandemic, and looking after Mental Health whilst self-isolating and talking to your child about the Coronavirus.

<https://Kooth.com>

An online counselling service for 11-19 year old's, with qualified Counsellors are available for 1:1 sessions.

<https://Griefencounter.org.uk>

Supporting bereaved children & young people deals with ways of how to deal with young people if they have lost a family member, and how to say goodbye if a funeral is not possible.

Bristol Coronavirus, COVID-19 support number (Bristol City Council) 0117 352 3011

Telephone helpline to support Bristol based families – They will provide support for people with a wide range of needs, including obtaining food supplies, essential items and medication.

#### **Clifton High School - Our Guide to Good Mental Health and Personal Wellbeing in this Pandemic**

- School - We are Digitally Open and still available to support you
- Communication - Keep in contact with friends/family have a video call or video-party with one of the various online platforms
- News - Limit your intake of daily news
- Advice - Follow Government advice
- Food - Try and eat a balanced healthy diet
- Exercise - Clifton High Daily PE Lessons

[https://www.youtube.com/channel/UC4\\_p84jNXoV7keSmPDwrK7A](https://www.youtube.com/channel/UC4_p84jNXoV7keSmPDwrK7A)

- Clifton High Extra Curricular Challenges

[https://www.youtube.com/channel/UCQnk\\_h1evczFWCHNx0m-oQw](https://www.youtube.com/channel/UCQnk_h1evczFWCHNx0m-oQw)

- Relax - Spend some time reading, dancing, learning a new skill online.
- Remember - If we all follow the rules we can get back to normality sooner

#### **Planning for the Future: Transition, Recovery Phase and the 'New Normal'**

As we move forward into the recovery phase, we are working behind the scenes on a 'new normal' to best prepare all of our pupils, staff and our families for the staged return to School when Government advice directs.

We will be in contact with you, as soon as we have guidance from the Government on when it is safe to be Physically Open and what that might look like for us all as we enter a phased recovery.

Undoubtedly, we have to accept and acknowledge these are traumatic times for all members of the School and wider community in terms of personal wellbeing and mental health. More importantly these times are uncharted but as ever, we will continue to work together throughout.