



# 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	17.11.2020
Date policy to be reviewed	17.01.2021
Author	Mr L Goodman
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 the wider community and reduce the chance of exposure to the virus. Clifton High School is a family and Senior Leadership Team and the Health & Wellbeing Team are available to offer help and advice to staff members and parents alike.

COVID-19 is first and foremost a global health issue but everyone 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 actively support each other but also consider our own personal mental health.

## **Contact**

To support this, the Wellbeing Team have a confidential email for pupils, parents and teaching staff. If you need advice please contact the Medical Team at: [nurses@cliftonhigh.co.uk](mailto:nurses@cliftonhigh.co.uk)  
All emails will be treated in the strictest confidence and will be reviewed daily.

## **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.

<https://Otrbristol.org.uk>

Off The Record Bristol is a mental health support and information service in Bristol which provides counselling, group workshops, anti-stigma campaigns, creative therapies, LGBTQ+ networks and support, stress management workshops and community-based support groups for young people. OTR works across Bristol and South Gloucestershire and is free at every point of access.

<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 olds, 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.

<https://www.beateatingdisorders.org.uk/>

Beat is a website dedicated to eating disorders

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

Support and information for those suffering Obsessive Compulsive Disorder.

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

- Practice good sleep, avoiding blue light before bed
- Stick to your regular sleep-wake cycle
- Limit alcohol intake
- Limit news intake and read from reputable, reliable sources
- Connect with friends & family
- Implement a good self-care routine

Clifton High School are working constantly as a team to adapt and ensure all the pupils and staff are working in the most Covid-friendly ways. At Clifton High School we are investing in the best products available to ensure the safety of the School community.

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

Moving forward into the recovery phase, all staff continue to work behind the scenes on a 'new normal' to best prepare the pupils, staff and families for future developments.

Undoubtedly, 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, the Clifton High School community will continue to work together throughout. Please contact the School if any assistance, guidance or clarification is needed.