

## Welfare, wellbeing and Safeguarding

These are unprecedented times and our priority during this time remains the general welfare, wellbeing and safeguarding of our students, their families and our staff. We would therefore like to sign post you to the following:

### Safeguarding

During this time, of remote home learning, our focus on safeguarding and pastoral care remains the same, it is a major priority. We encourage our school community to contact our safeguarding team during this time if there are any concerns that we may be able to help with. Our Designated Safeguarding Lead is Lesley Tether [l.tether@marriotts.herts.sch.uk](mailto:l.tether@marriotts.herts.sch.uk).

### Counselling Support @Marriotts

During this difficult time of isolation, Marriott's would like to extend further its offer of support. We have always taken the wellbeing of our school community seriously, and over the years have invested in a school Counselling department which has helped a number of our students, and their family members.

Our counselling team have put together procedures for remote learning that have enabled us to support a number of our students and families at this time of uncertainty and loss. If you feel yourself, or a family member, would benefit from this service please contact our Counselling Manager, **Madelaine Ratcliffe – [M.Ratcliffe@marriotts.herts.sch.uk](mailto:M.Ratcliffe@marriotts.herts.sch.uk) who** would be happy to contact you to see what support can be provided.

### Online Safety

With students currently completing a number of on-line learning tasks we would like to draw your attention to the following to E-safety sites. These have been recommended by the DFE to share with parents and students and for reporting issues

#### For students

- [Childline](#) - for support
- [UK Safer Internet Centre](#) - to report and remove harmful online content
- [CEOP](#) - for advice on making a report about online abuse

#### For parents

- [Internet matters](#) - for support for parents and carers to keep their children safe online
- [London Grid for Learning](#) - for support for parents and carers to keep their children safe online
- [Net-aware](#) - for support for parents and carers from the NSPCC
- [Parent info](#) - for support for parents and carers to keep their children safe online
- [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online
- [UK Safer Internet Centre](#) - advice for parents and carers

## Wellbeing

At this time of remote learning it is very important to take care of our emotional wellbeing and mental health. The NHS promotes the 5 Ways to Wellbeing and these are:

**Connect:** Spend time talking with family and friends.

**Be active:** Try and take regular exercise to keep you physically healthy. This makes you feel good by changing chemicals in the brain and changing your mood. Move around for five or ten minutes every hour, just like if you were moving from one lesson to another in school, aiming for frequent, short breaks. Avoid sitting on unsupported chairs such as sofas for long periods.

**Keep learning:** Make a routine for working at home. Follow a normal school day as closely possible.

**Take notice/Be mindful:** Take regular short breaks and be mindful of how you feel. Relax and look around you or listen to music, take a few deep breaths. Avoid use phones, tablets and gaming devices for long periods of time.

**Give:** Just as you would do in school, do something for a friend or relation/adult such as sending a positive message, or offering to help them online. As well as making them feel good, it can make you feel good too!

More information can be found here:

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

## External Support- Information, advice and guidance

The following websites are also of use

[www.mentalhealth.org.uk/podcasts-and-videos/](http://www.mentalhealth.org.uk/podcasts-and-videos/)

Podcasts to listen to when experiencing feelings of stress & anxiety.

[www.childline.org.uk](http://www.childline.org.uk)-Online support for any child

[www.youngminds.org.uk](http://www.youngminds.org.uk)- Online support for young people who may be struggling with every day issues

[www.kooth.com](http://www.kooth.com)- Service for young people to get advice and support online.

## **External Support- Information, advice and guidance**

### **Hertfordshire School Nursing Service**

They are continuing to offer a service to support children and young people, although it is reduced due to current social distancing requirements. They are taking referrals, through the Family Centre Service website and their texting service remains open, Mon – Fri 9-5 as usual.

<https://www.hertsfamilycentres.org/family-centres.aspx>

### **Stevenage Community Trust**

Stevenage Community Trust is committed to helping local people, especially those currently affected by the COVID-19 pandemic. They are able to react quickly and efficiently to urgent cases of need to ensure help is available in times of crisis. If you know of an individual or family in need of our support as a result of the Coronavirus situation, we may be able to provide a grant towards essential items and living costs.

Their application form can be found by visiting

<https://www.stevenagecommunitytrust.org/grants-for-individuals-and-families>

### **Just Talk**

Is a multi-agency campaign, steered by young people and coordinated by the Public Health team at Hertfordshire County Council. The website has collected a number of helpful resources and put them on a dedicated 'looking after your mental health during coronavirus' page. These are added to frequently, so keep checking back.

<https://www.justtalkherts.org/news/looking-after-your-mental-health-during-coronavirus.aspx>

## Mind

Herts Mind Network have a Young People's online group for those over 15. You can find out more here: <https://www.hertsmindnetwork.org/young-peoples-online-group>

They are also delivering a number of workshops online over the next few months. There are some for families which young people and / or their families can watch online. You can view the calendar and booking information for Eventbrite here: <https://www.hertsmindnetwork.org/spot-the-signs-and-emotional-wellbeing>

There are sessions on 'The Five Ways to Wellbeing' and 'An Introduction to Mental Health'.

## Chat Health

Is the school nurse text messaging service for all secondary school aged pupils in Hertfordshire. It is a confidential service and available Monday to Friday from 9am to 5pm. Young people can message for advice on all kinds of health issues such as sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns. The text number is: **07480 635050**

We would also recommend

## Cruse

[www.cruse.org.uk](http://www.cruse.org.uk)

Offer support around bereavement

[www.mentalhealth.org.uk/podcasts-and-videos/](http://www.mentalhealth.org.uk/podcasts-and-videos/)

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[www.kooth.com](http://www.kooth.com)- Service for young people to get advice and support online.

