



# Chase Side Primary School

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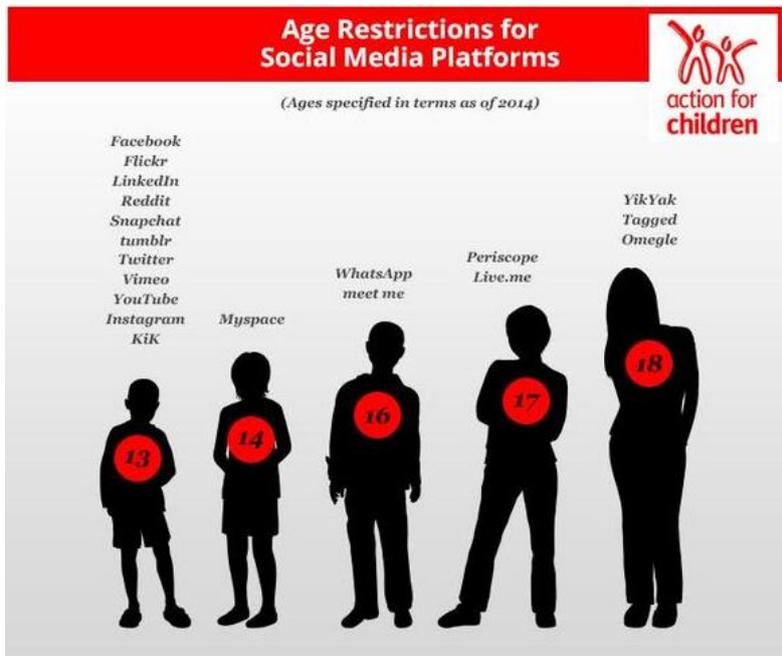
Headteacher: Miss Melanie Scull

Friday, 12 February 2021

Week Twenty,

Half term is here and I hope that you are enjoying our slightly different day today, I have seen a few nervous children wanting to demonstrate their talent to me but I did need to check that some of the jokes were age appropriate (big lesson learnt after having daily joke telling sessions over lunch during the first lockdown!). I do hope that having today as a normal school day has helped you out, I am aware that motivation levels are dropping and know that getting the children back into the remote learning routine is going to be difficult after half term. Let's hope that we get the information that we need from the Government so that the next time I contact you is with a future plan for reopening!

I know that we are all relying very heavily on social media and online structures to stay in contact with loved ones but please remember that there are age limits with these and as parents you must monitor and be mindful of what your children are doing online, just this week we have been dealing with an issue related to language used on WhatsApp.



I know that I will be spending some of my time next week relaxing and enjoying a lay in, we have had some very tired looking children and staff wandering round please take note of the recommended amounts of sleep that we should all be getting, (I might try to pretend to be a teenager again next week).





We have all been struggling through this lockdown and we hope that this will be the last, I found this list of useful websites that you might want to use if you need support, but please remember that we have staff onsite who can talk to you if you have any concerns.



# ONLINE RESOURCES

A list of websites & apps that are helpful for managing mental health

## NHS Every Mind Matters

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

## Kooth

[www.kooth.com](http://www.kooth.com)

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

## Childline

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

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpline (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

## Papyrus

[www.papyrus-uk.org](http://www.papyrus-uk.org)

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

## Calm Harm

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

## Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

## Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

## Stem4

[www.stem4.org.uk](http://www.stem4.org.uk)

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

## YoungMinds

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

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

## Samaritans

[www.samaritans.org](http://www.samaritans.org)

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org) 24/7.

## Child Bereavement UK

[www.childbereavementuk.org/young-people](http://www.childbereavementuk.org/young-people)

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

## Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

## Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

## Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.



Any updates about covid symptoms or test results need to go to our [emergencies@chaseside.enfield.sch.uk](mailto:emergencies@chaseside.enfield.sch.uk), this is also the email account to use if you feel that you are requesting a place in our keyworker and vulnerable children group. This email account is checked over the weekend and once a day during the half term break.

Whatever you are doing over the half term break please be safe and enjoy a rest.

Miss Melanie Scull  
Headteacher

