

St Bernadette's Catholic Primary School

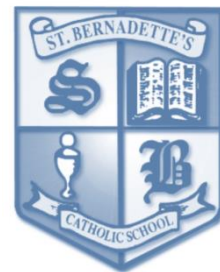
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Newsletter 13

5th February 2021

At St Bernadette's we are fully committed to safeguarding our children. We expect all staff, parents and visitors to share this commitment.

Nursery – September 2021

Parents/Grandparents/Friends

Do you know a child born between September 2017- August 2018.

Do you/they know the closing date for applications for our nursery is Friday 12th February 2021.

Please contact the school on admissions@stberns.bham.sch.uk or 0121 783 7232 if you have not yet applied for a place.

We do not want your child to miss out on the chance of a place at our lovely nursery.

Week 5 – Lockdown

Message to Parents

Dear Parents,

Another week has passed us by and it is another week in which I offer my sincere thanks to all of you for supporting your children with their learning. For many of us, we may feel frustrated or tired, however, it is sometimes in moments of despair that we come to reflect on our greatest achievements – and 2021 has already brought us so many!

Consider this: How many of you signed up to home school your child this year? How many of you opted to hold down a job and teach and parent all at the same time? And, how many of you chose to juggle all of the above in the midst of a pandemic? None of you, yet here you are achieving the impossible! So please do not take the 'lockdown slump' to heart. It will pass and until it does, please know that you are not alone. We appreciate all that you are doing at the moment - thank you

Thought for the day

You never really know the impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.



Half Term Reminder

School closes for the half term break on Friday 12th February at 2.00pm. School re-opens on Monday 22nd February for those vulnerable children and children of key workers who have been attending throughout lockdown.

Key Workers

If your circumstances have changed and you are now a key worker who requires provision for your child, please contact school to see if we can accommodate your request. Unfortunately, we are unable to accommodate any additional children, except those of key workers, at this time. All other children will continue to receive education remotely.

INSET Day – 22nd February - Cancelled

Monday 22nd February was an allocated INSET day for staff training. However, due to the need for school to remain open so that pupils of key workers can be educated, this will be rescheduled for later in the summer term.

Message from the Prime Minister

Last week the Prime Minister announced that it will not be possible to resume face-to-face learning immediately after the February half term break and instead hopes it will be safe to commence the re-opening of schools and colleges from Monday 8th March. This is in response to the national public health data and pressure on NHS capacity.

If the Government achieves its target of vaccinating everyone in the four most vulnerable groups with their first dose by 15th February, then those groups will have developed immunity from the virus around three weeks later that is by 8th March. It is for this reason that they hope it will therefore be safe to commence the reopening of schools from Monday 8th March.

Education settings, as well as students, parents and carers will be given at least two weeks' notice to prepare for a return to face-to-face education. Schools and colleges will remain open to vulnerable children and young people and the children of critical workers after February half-term, as they are now. All other pupils will continue to receive high quality remote education at home. This is in line with the wider national lockdown measures to help minimise the spread of the virus and respond quickly to the new variant.



Children's Mental Health Awareness Week 1st-7th February

The theme for this year's mental health week is 'Express Yourself.' Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good. It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

Microsoft Teams Meeting for Pupils

During the last week of term we will be holding a Microsoft Teams meeting for children in each Year band who wish to partake. The purpose of this meeting is to allow your child to have a virtual face to face conversation with a member of staff from their year band and also with their peers. The staff will begin the session with a short assembly and then allow the children to share things with each other. As you can appreciate, using this type of platform can bring with it many challenges so there will be a strict set of guidelines to adhere to regarding what is acceptable/ unacceptable. You will have received a message directing you to complete a form, should you wish your child to partake. Please ensure that if you do wish your child to take part that this form is completed by 12.00pm on Monday 8th February. Any requests made after this time will not be accepted. Once we are in receipt of your request we will organise for you to receive an invitation to join the Microsoft Teams meeting at an allocated time.

COVID 19 Lateral Flow Device (LFD) Tests

School staff will be taking lateral flow tests twice a week – which began this week. This is a government initiative to stop the spread of the virus from people who may be asymptomatic. In the event of a member of staff testing positive by the LFD, we may need to temporarily close the bubble they have been working in, until they have a confirmed positive test from a test centre. The safety and well-being of all within our school community is paramount. We will always communicate in an honest and transparent way so that we can all do our part in keeping safe during the pandemic.

Free School Meal Vouchers

Free school meal vouchers will continue during the half term holidays funded by Birmingham City Council. Please keep an eye out for the vouchers that will be issued via email by Sodexo and not Edenred. The Vouchers from Edenred will commence again during term time.

Candlemas

This week we as Catholics celebrated the feast of Candlemas. In the Church's calendar, Candlemas, or the Presentation of Christ in the Temple, is celebrated on February 2nd, or on the nearest Sunday. On this day, Christians remember the occasion (the fortieth day after Jesus was born) when Mary and Joseph took Jesus to the Temple in Jerusalem to 'present him' before God (Luke 2.22-40).

St. Luke relates how, after Mary and Joseph had done all that was necessary under the Law of Moses, two faithful people, Simeon and Anna, gave testimony as to who this child really was. Simeon said that Jesus would be 'a light for revelation to the Gentiles and for glory to your people Israel'. His words make 'light' a predominant theme for worship at Candlemas.



Prayer/Refletion

The month of February is traditionally dedicated to the Holy Family, and this year there is an additional draw to consider this wonderful family, as Pope Francis has proclaimed this 'The Year of Joseph'. Jesus son of God, bless my family.

Mary, mother of Jesus,

Keep my family close to your son.

Joseph, foster-father of Jesus,

Keep my family safe from harm.

Holy Family, make my family one with you.

Amen.

Message to the pupils

Dear Children,

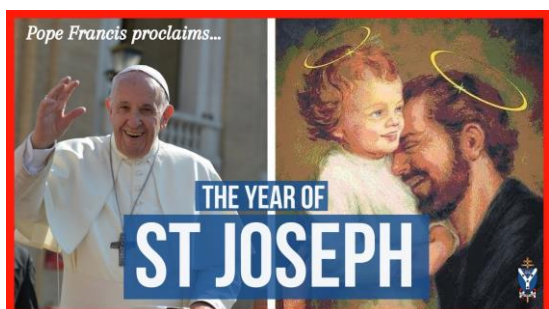
We hope that you are all well and trying hard to help your family at home, doing little jobs like tidying your room, helping with the dishes and remembering your manners.

As you probably heard in the news last week, Boris Johnson, the Prime Minister, announced that we will not be returning to school after half term as originally thought. The scientists now believe that the 8th March would be a more realistic time to return, if the virus is under control - we will need to wait and see if this is the case. Until it is announced that we can return to school safely, you will need to continue to complete your learning online.

We can see that many of you are now in a routine and completing the Maths, English and class tasks that you have been set daily – this is fantastic and keep up the hard work. There are some of you though who are not completing the task set as regularly as we would hope. It is vital that these tasks are completed so that you do not fall behind with your learning.

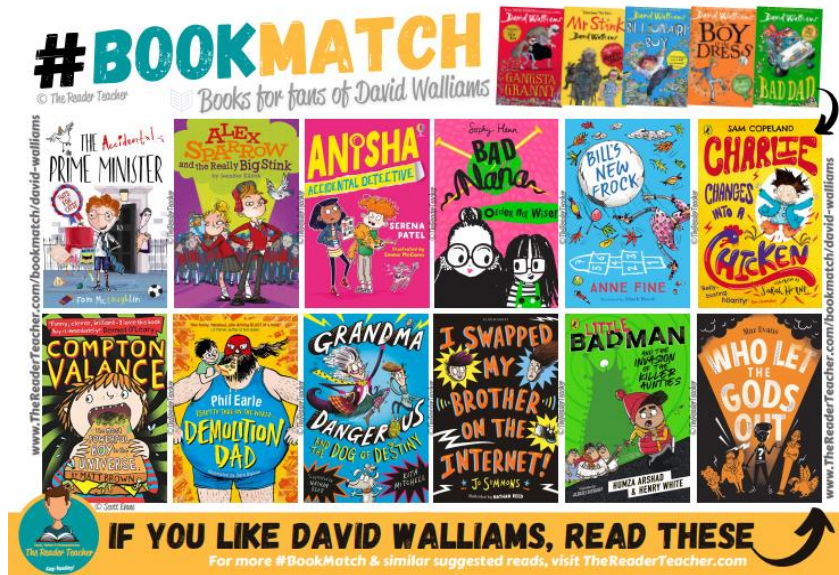
Furthermore, it is also important that we continue to take care of each other and remember to exercise and do some of the things we enjoy doing whilst also remembering what we can do to keep ourselves, our family and the country safe. Remember to share some of the wonderful things you have been doing via Twitter, Seesaw or Tapestry – we would love to see what you have been getting up to when you have not been doing your school work. We continue to miss you and think about you every day. So until we can all be back together as a family at St Bernadette's, keep strong and stay safe.

God bless.



Reading

It is great to see that so many of our pupils are continuing their love for reading during this period of lockdown. Unfortunately, with many of our students working remotely we have been unable to have our regular “book time” conversations and recommend good books to each other. With that in mind I thought I would share a few recommendations that I have found:



Google Forms

As a school we often use Google Forms to request information from pupils and parents and sometimes there is a deadline set for when the information needs to be provided. If you are sent a link requesting information please read the questions on the form carefully and ensure it is submitted before the deadline. Lately, we have had a number of forms completed incorrectly or not completed on time and this is causing extra workload and unnecessary stress for both staff and you as parents.

Mobile Data Allowance Support

As previously communicated via text, the government have set up an initiative to support students with extra mobile data who:

- Don't have access to a fixed broadband connection at home
- Cannot afford additional data to access educational resources
- Are facing disruption to their face to face education, or have been advised not to attend school.

The following mobile providers are supporting this initiative:

BT Mobile
EE
Lycamobile
02
Sky Mobile
SMARTY
Tesco Mobile
Three
Virgin Mobile
Vodafone

Please follow this link and complete the form provided if you have not done so already.
<https://forms.gle/eDY9bfi9TrV6gKhH9>

Please note that applications can only be considered if the form is completed correctly and fully - if this is not the case the application will be rejected. Applications can only be received for children at this school and only one application can be made per family.

Public Q&A session regarding COVID-19 vaccination

The coronavirus (COVID-19) vaccine is our best defence against the virus. The vaccine is highly effective and it is currently being rolled out across Birmingham to priority groups. Throughout February 2021 there will be five online Q&A sessions which will allow the public to ask any questions they may have about the vaccination. On the panel will be the Birmingham & Solihull Clinical Commissioning Group, local representatives and Councillor Paulette Hamilton, Cabinet Member for Health and Social Care.

It is strongly recommended that people attend the session that is relevant to where they live, as some of the information in the webinar will be localised:

- 9th February at 6pm-7.30pm. South Birmingham <https://www.eventbrite.co.uk/e/138644995915>
- 11th February at 6pm-7.30pm. East Birmingham <https://www.eventbrite.co.uk/e/138644995915>
- 24th February at 6pm-7.30pm. West Birmingham <https://www.eventbrite.co.uk/e/138645314869>
- 25th February at 6pm-7.30pm. Central Birmingham <https://www.eventbrite.co.uk/e/138645491397>

Stars of the week

This week we have continued to see some fantastic examples of our children working hard with their online learning. The following children have been nominated by their teachers to receive special praise for their efforts:

Nursery

This week the Nursery staff would like to say a big well done to Reah for careful listening at group time and being kind to her friends and also to Harvey for working hard with his home learning.

Reception

Miss Deards has been particularly impressed with Tiara for her super phonics work at home.

Mrs Darwood would like to mention Ella who has been uploading videos of her learning including phonics this week and she is doing so well! Her sounding out and blending has really come along. Well done!

Miss Fullerton has seen some fantastic reading at home from Mariamawit. She would like to thank Mariamawit for sharing videos with her. Keep up the hard work.

Year 1

Mrs McGrath would like to say a big well done to Elias, Connor and Marcus for completing lots of wonderful reading activities.

Miss Gibbs was delighted with Leon and Nikita for consistently completing their Maths work and impressing her with their effort and learning and also Orlaith for her wonderful writing in English and afternoon lessons.

Miss Bowden has been impressed with Hennessey for her hard work at home and beautiful online work and also Ellis for his fantastic English work.

Year 2

Mr Wayne would like to mention Jasir and Ryan for completing fantastic narratives based on 'The Supporting Act' video - they both attempted to use their own vocabulary and came up with their own additional sentences.

Mrs Lennon has been impressed with Amaya for her amazing arrays in Maths and also Maria, Nuala, Khalil, Sonny and Olivia for their tremendous effort with their class work.

Miss Fiddler would like to say a big well done to Arianna, Scarlett, Atif, Daisy, John, Maria, Kahil, Amaya, Coby, Louis, and Aliza for all their hard work on Spelling Shed. She would also like to say a huge well done to Jasir for all his amazing maths work.

Miss O' Toole would like to mention Sonny, Nuala, Anne, Tilleah, Maverick, Martin and Josie for the phenomenal effort they put into each English task, every day. She was also particularly pleased with Hijab and Harley for their effort in Maths.

Year 3

The Year 3 children who are in school have all really impressed their teachers with their increased confidence and independence when using Seesaw and other directed websites. Ms Ryan and Mrs Yakoob would like to thank Charlie and Callie-Mai for their positivity and the support they have shown to the other children in the group.

Ms Cahill would like to commend Niamh for her non chronological report on dinosaurs.

Mrs Kelly has been particularly pleased with Romayah and Amiah as they have done some wonderfully imaginative writing in their creative writing unit – “Journey to The Jungle”.

Mrs Hill would like to say well done to Charlie, Kaashif and Callie-Mai for their super efforts in completing their Maths work to the best of their ability. She’d also like to congratulate Carlos and Jaiden for their engagement with all of the class lessons and activities that have been set for them.

Mrs Corkery would like to mention Nathan for his amazing piece of Science work. He wrote about what would happen if there was no soil in the world in a very creative and imaginative way. She would also like to commend and Reo and Junior for trying really hard in class with their Maths.

Year 4

Mrs McDaniel is particularly impressed with Sienna’s home learning and her positive attitude to make changes to her work, which she does so very well.

Miss Hulse would like to commend Zachary for brilliant and detailed answers in Maths. She has loved to see his working out!

Mrs Brownhill would like to mention Daisy for outstanding effort in English and always responding to comments and questions about her work.

Miss Manders is pleased with Oliver for his fantastic English work.

Mr Kingston has been impressed by Paris for her great work in how we can be messengers of Christ. She wrote on her poster, “Remember for eternity, God’s love goes round in a circle because his love never stops and neither does ours.”

Year 5

Mr Lavin would like to commend Kian and Alisan for reading comments on their Maths work and completing any corrections when asked and also to Riley for accessing Times Tables Rockstars.

Mrs Docker and Miss Grant are delighted with the consistent effort that Harley is putting into his work.

Harley always gives his best and produces well-presented work of a very high standard.

Miss Grant is also very impressed with the quality of Ezra’s English work and with Lola and Eren for trying so hard.

Mr Baker was blown away to see that Evie had played 100 games on Spelling Shed last week! He also would like to say well done to Charlie who consistently does his best in Maths and responds well to Mr Baker’s marking.

Mrs Canning is really proud of Ayona, Alayna and Megan H for having such positive attitudes to their class work. She has been delighted to see some great work from Deven for Maths this week and she loved listening to Joseph’s Egyptian fairy tale for English.

Mrs Harston would like to thank Kian for his wonderful English work and Aara for her super Maths work this week. She would also like to praise Darcey and Evie for always completing class work so conscientiously.

Year 6

Mr Carroll would like to congratulate Kimani and Kabisajini for working exceptionally hard every day with their online Maths.

Mr Markham-Jones has been extremely impressed with how hard Macey, Ruby, Freddie, Scarlett C and Jorel are working in Maths. He is really pleased with his English set's consistent effort, especially Alex A, Chanali, Lawrence and Emil and is delighted with Nidhaan, Elisha, Kieran and Beatrice's classwork.

Miss Lakin has been delighted with Elisia, Mattia, Lawrence and Charlie for never missing a Maths lesson and Emmanuel and Malikah for trying so hard in English

Miss Boron would like to say well done to Chelsea for her hard work in English and Maths, Charlie for trying so hard with his class work and Daniel for excellent effort in his English lessons.

Miss Connaire and Miss Grant would like to commend Ann, Elisha, Josh S, Max, Nidhaan and Vince in their Yr 6 English set on the super pieces of *"being an outsider"* writing they produced last week. Miss Connaire would also like to thank the Year 6s in school for being a pleasure to teach this week.

Well done to all the children for their tremendous efforts – Keep up the good work!

Sharing Good Work

Inspired by "The Story of Eric" by Shaun Tan and some experiences shared in refugees' stories, we considered what it would be like to feel like an outsider in our Year 6 writing last week.

An extract of a "being an outsider" story by Ann in Year 6

For countless months, Sally longed for a place where she could finally fit in with everyone. A place where she could make friends with anyone. Right now the only thing she could make friends with was the wall. Sally couldn't speak English. For many months she desired to go back to Israel and see her friends – at least she could talk to them. The miserable school in England was miserable with rainbows and fluffy clouds, laughing and everyone smiling. Back in Israel, her school was grey and soggy and the roof had a leak in it but at least there she fit in and she could see her mother and father any time she wanted to. In this school, any time the teacher asked her a question, she would open her mouth and close it again like a puffer fish. She wanted to be able to read so that she could experience the words of her books coming out of the pages and into her imagination but she couldn't because she was stuck here.



We were delighted to see this piece of work from Nuala and her brother Cahill, where they are both re-enacting a baptism at home. It is lovely to see the children working together to recreate this wonderful sacrament. Well done to both of them.

The Priest anoints the baby on the chest with oil called Catechumans it is a sign of healing and strength.



Then the Priest baptises the baby by pouring water over its head 3 times saying the name and I baptise you in the Name of the Father and of the Son and of the Holy Spirit. Water is a sign of new life and new life with Jesus.



After that the Priest anoints the baby again with oil called Chrism, it is a sign of joy and thanksgiving.



[View Original](#)



CAT Parent Awareness Course Central Locality

We would like to invite you to a CAT PAC course, our parent awareness course designed to support you following your child receiving a diagnosis of autism.

- The course has been designed for parents who want to increase their understanding of autism and is open to all those whose children have a diagnosis of autism.
- The sessions will be delivered online via Microsoft Teams at the following times:

Thursday 25th February at 9.30-11am
Thursday 4th March at 9.30-11am
Thursday 11th March at 9.30-11am
Thursday 18th March at 9.30-11am
Thursday 25th March at 9.30-11am
Thursday 1st April at 9.20-11am

The sessions will take place via Microsoft Teams. You will need to provide an email address and an invitation will be sent via email to access the sessions. When you book, please provide your child/young person's name, school and CAT worker, if known.

Due to limited places the course will be offered to the first fifteen families to contact us. There is an expectation that parents endeavour to attend all sessions if possible.

Please email denise.horton@birmingham.gov.uk to reserve a place. You will receive an email response to confirm your place or to tell you that the course is full.

Yours sincerely,

Michelle Williams and Denise Horton

Communication and Autism Team



Birmingham
City Council

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

1



Know how to spot the signs

If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.



2

Talk to your child

If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.



3

Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



4

Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

5

Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.



8

Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.



THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



10 Things to Say instead of Stop Crying



1. It's ok to be sad

2. This is really hard for you

3. I'm here with you

4. Tell me about it

5. I hear you

6. That was really scary, sad, etc.

7. I will help you work it out

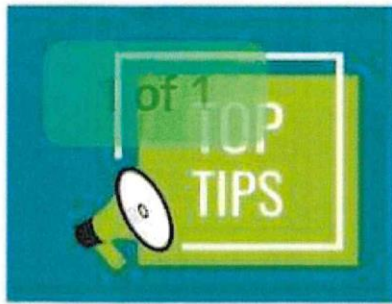
8. I'm listening

9. I hear that you need space.

I want to be here for you.

I'll stay close so you can find me when you're ready.

10. It doesn't feel fair



Support your child's wellbeing while schools are closed

With schools closing across the UK, most children will be at home full time. As parents/carers you will inevitably be concerned about the effect this may have on your child's development, their physical and mental health, as well as your family's wellbeing.

- 1 Establish a daily routine.** Routines provide reassuring structure and purpose. Include a mix of learning, creative, physical, relaxation and 'electronics' time. Help your child make a visual timetable so everyone understands the plan.
- 2 Make time for physical activity.** Encourage your child outside and rediscover garden games. If you can't get outside, suggest your child makes an indoor obstacle course. There are lots of resources available on the BBC, ITV and YouTube.
- 3 Work on personal care skills.** Identify self-care tasks that your child would like to do more independently, for example tying shoelaces or getting dressed.
- 4 Develop life skills.** Help your child learn how to prepare their lunch, use a washing machine or change their bedsheets. Older children could complete an online First Aid course or start to learn another language.
- 5 Create a suitable study space.** Ideally your child should have an appropriately sized chair and table, but if they must use adult furniture ensure they can sit with feet firmly planted and their shoulders relaxed.
- 6 Teach your child to type.** Typing is a valuable skill for education, social communication and for the workplace.
- 7 Rediscover creative activities** such as playdough, junk modelling, Lego and origami.
- 8 Spend social time together as a family.** Play board games, watch a film or make a cake. Schedule mealtimes together and commit to them.
- 9 Keep in touch.** Arrange for your child to spend time each day talking to friends or family members on the phone or on social media (with adult supervision where appropriate).
- 10 Look after yourself.** Being a full-time parent/carer with household duties and work is challenging. Make sure you eat and sleep well, and include time for your own rest and leisure in your daily routine.

rcot.co.uk

Royal College of
Occupational
Therapists



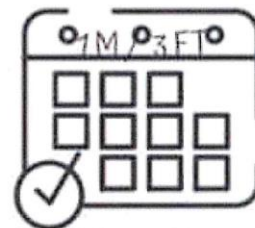
STRUCTURE & ROUTINE

When things are uncertain, this leads to anxiety. Young people with Speech, Language & Communication in particular require a more concrete and predictable world to feel secure. You can decrease the uncertainty and increase the feeling of security by creating structure and routine for them.



BUILD STRUCTURE INTO DAILY ROUTINE

You want your daily routine to be as structured and predictable as possible. This reduces anxiety. Regular routines that are already in place such as bed times should be continued.



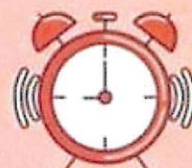
USE A VISUAL SCHEDULE

Try to use visual schedules so they can see what's coming up next. These plot a route through the day for them, creating predictability.



KEEP ROUTINE HABITS THE SAME

Keep your familiar routines consistent between days. For example, going for a walk at the same time each day, or following the same route on the walk.



MANAGE TRANSITIONS

Switching from one activity to the next can be challenging. Make it easier by giving reminders that things are coming to an end and others are beginning. You can use a Now/Next board, or a timer to help prepare for the change.



Glasgow Psychological Service
nurturing wellbeing and learning



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

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

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

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

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) 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

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

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

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 24/7.

Child Bereavement UK

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.



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust