**Mental Health concerns during school closure**

During these difficult and unprecedented times, we would like to give you and your children strategies to help them with **positive mental health**.

It is worth noting that although school is closed there is a skeleton staff at school and teachers can be contacted through the show my homework website. If you have a specific concern, please do not hesitate to contact us via the email address; [admin@verulam.herts.sch.uk](mailto:admin@verulam.herts.sch.uk) where you query can still be passed to the relevant member of staff.

**A number of students speak to members of our student services team throughout the week. If any student wishes to contact any of the team, they are welcome to send an email to studentservices@verulam.herts.sch.uk**

**Please remember that we will try to respond as soon as possible, but we cannot guarantee any time frame.**

There are also a number of websites and services that can still be accessed remotely;

**Kooth**

Commissioned by the NHS CCG, Kooth is a free online counselling and emotional well-being service for young people (aged 11-25). It provides a safe, secure means of accessing help via the internet from a professional team of counsellors.

* Kooth provides an opportunity to interact in a supportive way with other young people
* Safe, confidential, anonymous, free at the point of need
* No referrals or waiting lists
* Available through a smartphone, tablet or computer with a good internet connection
* 1-2-1 instant messaging with Kooth’s team of qualified counsellors
* Open 7 days per week, 365 days a year, from noon until 10pm weekdays and from 6pm until 10pm on Saturday and Sundays.

**Other useful websites;**

[**www.justtalkherts.org**](http://www.justtalkherts.org)[**www.youthtalk.org.uk**](http://www.youthtalk.org.uk)[**www.samartians.org**](http://www.samartians.org)

**Top tips for learning at home;**

* Set yourself a realistic routine that you can stick to which incorporates exercise, eating at regularly mealtimes (avoiding too much snacking) and free time as well as keeping up with your school work.
* Plan daily exercise – twice a day, each of these should be at least 30 minutes and should get your heart-rate above rest for the duration.
* Have a weekly work plan start this from when you wake up each day and stick to it. Build in rewards and breaks.
* Distinguish between school and home mode
* Be realistic with what you can achieve
* Manage distractions
* Keep connected with your friends and be sociable with your family
* Try to avoid listening or watching the news throughout the day, limit yourself to once a day

