



Bapchild & Tonge CE (Aided) Primary School and Nursery

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Dear Parents/Carers

Children's Mental Health Week with Place 2 Be

We are focusing on good mental health this week with Place 2 Be – you can find more information here <https://www.childrensmentalhealthweek.org.uk/>

As part of our work this week, we are having an **'Inside Out' day on Wednesday 3rd February 2021**, where everyone is invited to wear an item of clothing inside out. This is to remind everyone that people might look ok on the outside but that it's important to remember how people might feel on the inside. This links to our Christian values of Compassion and Openness as we encourage the children to be open with their worries as well as caring and empathetic towards others.

If you are interested in searching further, then the government have also published documentation on supporting children and young people during these difficult times. The link to this is here:

[Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus \(COVID-19\) pandemic - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-pandemic)

This guidance highlights that *"How a child or young person reacts can vary according to their age, how they understand information and communicate, their previous experiences, and how they typically cope with stress. Adverse reactions may include worrying about their health or that of family and friends, fear, avoidance, problems sleeping or physical symptoms such as stomach ache."*

The report also highlights that good mental health at home starts with the adults, and taking care of yourself is also key. The NHS have a website called "Every Mind Matters" which has tips and ideas to support adults who might be feeling anxious or low.

As a school, we can provide advice and support to any parent or child who needs it during these difficult times. Together with Mrs Caley, the Family Liaison Officer, we support many families across the school. Our school chaplain, Reverend Simon, has provided spiritual guidance to families who have sought faith-based support. We are currently working with Project Salus and Barnardos to deliver their SEE HEAR RESPOND programme to children across KS2, welcoming Jo Gough into our school family. She has been providing 1:1 and group support to children (both face to face and over Zoom) who are feeling anxious or who have been affected by the Coronavirus pandemic.



Please do not hesitate to get in touch if you need anything.

L Gambell

Mrs Gambell
Assistant Headteacher