

## Brookland Infant and Nursery School Mental Health Team Newsletter

During the outbreak of COVID-19 the Government continue to ensure that measures are in place to protect vulnerable children and families. At Brookland Infant and Nursery School we will be sharing information to ensure that families can be safe. This newsletter complements learning ideas sent out by year group Teachers and information sent out via class emails.

To achieve good mental health the [NHS](#) recommends connecting with other people, being physically active, learning new skills, giving to others and being mindful. Many of you are enjoying participating in daily physical activity, enjoying [Joe Wicks](#) or [Cosmic Yoga](#) and taking daily walks. Another inclusive charity that is support wellbeing are the [Flamingo Chicks](#) who are supporting both children and adults with virtual classes at home.

### Keeping your family safe online – UK Safer Internet Centre

Staying connected with friends, family and learning online has never been more important. Children and families are physically isolated and we are using technology to support home learning. The internet is a fabulous learning platform for children to socialise, work, exercise and be entertained. The [UK Safer Internet Centre](#) issues guidance for parents that complements online safety learning in our school. At Brookland Infant and Nursery School we learn about [DigiDuck](#) and [Smartie the Penguin](#) to help them understand about online safety.

### Safer Places for domestic abuse - Live Chat launched.

Coronavirus (COVID 19) is impacting upon everyone with people asked to stay at home. Home is not always a safe place. Reported cases of domestic abuse are increasing and services like **Safer Places** are seeing a rise in requests for support. **Safer Places** have launched a brand new discrete [Live Chat service](#) in Hertfordshire and Essex. It is an opportunity to seek support from professionals.

#### Janet Dalrymple, CEO of Safer Places said:

"Safer Places provide life changing and life saving support services across Essex and Hertfordshire. Our new [Live Chat](#) service will allow us to reach more people affected by abuse and give survivors the opportunity to safely access non-judgemental support and advice. Coronavirus (COVID 19) is impacting upon us all and we are seeing a dramatic rise in the numbers of those wanting to access our services and how they wish to do so. It can be incredibly difficult to talk about abuse - and making a call can be difficult, now more than ever with abusers in the home. Our qualified expert staff are now available by phone and live-chat every day, day and night. We want to reassure everyone in the communities that we serve that we are here for you, when you need us and how you need us, our support is led by you".

The new service will initially be open between 8:30am and 5pm Monday to Friday and 8pm - 8am Fri - Sun 8pm - 8am

Other support services in Hertfordshire

[Young Minds](#) Support for families and parents

[CAMHS](#) resources with downloads, resources, videos, apps.

[Hello](#) Booklet about the Corona Virus

[NHS](#) 5 Steps to positive mental wellbeing