



Beamont Collegiate
Academy

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Principal: Mr G Harris BA (Hons), MA, NPQH

Ref MRE/CHE/WS/007

03 February 2021

Dear Parent/Carer

I am writing to inform you that wellbeing support is available for all students at the academy. To access this support the school has set up a **confidential** pastoral 'check-in' which offers students the opportunity to talk to a member of the pastoral team about anything that may be worrying them.

The 'check-in' will be available every day from 12:00 -3:0pm. Students can book a time-slot to speak to the pastoral team by emailing tellus@bca.warrington.ac.uk

The "check-in" will be staffed by Mrs Whitfield, Mrs Stamp, Mr Shaw and Mr Ryder.

In addition, a parent/carers wellbeing document that offers advice for families and lists organisations that can offer support can be accessed at the bottom of this letter.

Please let the school know if you require any help and we will do our best to support you and your family. If we are unable to help we will be able to signpost you to an agency which may be able to offer more support.

For any issues contact the academy on tellus@bca.warrington.ac.uk

Yours faithfully

M Reynolds

Mr M Reynolds
Vice Principal



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Supporting your child's wellbeing

Dear parents and carers

During this difficult time we wanted to reach out to let you know that, even though our school is currently closed to all but a few children, we're still here to support your child and your family in whatever way we can.

You might be noticing signs of increasing anxiety in your child as they're spending more time indoors and outside of their normal routines. These might include:

- > Expressing sadness, anger or fear
- > Not wanting to talk about the current situation at all
- > Having trouble concentrating
- > Acting out – this might include things like picking fights with you or with siblings or abusing alcohol or drugs
- > Becoming afraid to leave the house
- > Distancing themselves from their friends and family
- > Exhibiting intense emotions but being unable to talk about what they're feeling

We've put together some resources to help you support your child. We hope you find this information helpful.

If you have any concerns about how your child is coping or you need any other support from the school, please let us know by emailing us on tellus@bca.warrington.ac.uk

We're extremely grateful for all the support you've shown us as we've adapted to these new circumstances, and we want to reassure you that we are still here to support you too. We can and will get through this together.

Kind regards

The Pastoral Team

Mrs Whitfield, Mrs Stamp, Mrs Mountford, Mrs Taylor, Mr Ryder, Mr Shaw, Miss Vinton

Take care of yourself

It's really important right now to take care of your own physical and mental health. Children are very perceptive, and they react to what they sense from the adults around them.

Here are some things you can do to help keep yourself healthy:

- > **Connect with others** – maintain relationships with people you care about through phone and video calls



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- **Exercise** – take some time every day to move. You could go for a walk or run. You'll also find lots of fitness videos online for everything from yoga to dance. Find something you enjoy and that makes you feel good
- **Eat healthy meals** – try to keep a well-balanced diet and drink enough water
- **Get some sleep** – being anxious or worried can have a big impact on your sleep. If you're struggling to get a good night's sleep, try to develop a calming bedtime routine – for example, do 10 minutes of yoga or listen to calming music. There are also apps you can download that provide guided meditation to help you get to sleep more quickly
- **Turn off the news** – it's important to keep up to date, but the 24-hour news cycle can make you more anxious. Limit your exposure to the news to only a small amount of time, just enough to know what the latest government guidance is
- **Do things you enjoy** – now that we're all spending more time at home, we can finally take up that hobby we've always meant to learn. Try baking or gardening or learning to knit. These are also great activities we can share with our children
- **Set goals** – it's easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of walking for half an hour at least 3 times this week or reading a new book
- **Connect with the outdoors** – depending on where you live, it may not be possible to spend time outside. If you don't have a garden or terrace, you can still open a window to let some fresh air and sunlight in. Put a comfortable chair by the window so you can look outside and get some air as you read a book
- **Talk to someone** – during this difficult time, sharing with family and friends how you're feeling and what you're doing to cope can be helpful for both you and them. There are also helplines you can call for support – we've included a list at the end of this pack

How to talk to your child about what's happening

No matter how calmly you manage the current environment, children are likely to be anxious, so it's important to talk to them about what's happening.

For older children

Older children will have the same anxieties about their own health and that of their family and friends as younger children. But they're also likely to feel socially isolated, and worried about the result of school closures on their education and what life will be like after the pandemic is over.

In addition to the steps above:

- **Reassure them** that when more guidance comes from the school about how grades will be awarded, you'll share this with them as soon as you have it – you could also check that they understand the information you've received so far, in case there are any points of confusion or worry that the school could help to clarify. Any specific questions relating to year 11 procedures can be clarified by Mrs Thomas thomasl@bca.warrington.ac.uk or askyear11@bca.warrington.ac.uk However, actual grades cannot be discussed or shared
- **Encourage them to maintain social ties** – relationships are especially important for older children, so give them room to keep in touch with their friends
- **Equip them with accurate information** – for example:
 - [Mythbusters](#) from the World Health Organization
 - [Data visualisation pack](#) from Information is Beautiful (regularly updated)



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- › **Share tools to help them manage anxiety** - YoungMinds: [practical steps to take if you're anxious about coronavirus](#) - Mind: [how to take care of your wellbeing when staying home](#)

If your child struggles with higher levels of anxiety

Some children are naturally more anxious, such as those with existing phobias or obsessive-compulsive disorders. The current situation can make those anxieties worse.

- › Get them to do activities such as counting, ordering and sorting tasks which can help them calm down
 - › Encourage them to use relaxation techniques such as controlled breathing
- › Look out for obsessive or compulsive behaviours and try to get ahead of them early by challenging unhelpful thoughts and assumptions
- › If you're worried about your child's anxiety, **YoungMinds** is a charity dedicated to children's mental health. They've opened a [parents' helpline](#) for confidential, expert advice. You can reach them at 0808 802 5544

Helplines and websites for children and young people

If your child would like to speak with someone confidentially, there are helplines and websites specifically for them.

ORGANISATION	CONTACT INFORMATION
<p>Shout Free, confidential support via text, available 24/7</p>	Text SHOUT to 85258 in the UK to text with a trained crisis volunteer who'll provide active listening and collaborative problem-solving
<p>The Mix Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem</p>	<ul style="list-style-type: none"> • Call 0808 808 4994 for free (11am to 11pm daily) • Access the online community • Email The Mix
<p>ChildLine Confidential telephone counselling service for any child with a problem</p>	<ul style="list-style-type: none"> • Call 0800 1111 any time for free • Have an online chat with a counsellor (9am to midnight daily) • Check out the message boards

Where to turn to for help

It's okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:



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Mental health

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Mental Health Foundation Provides information and support for anyone with mental health problems or learning disabilities	Website: www.mentalhealth.org.uk
Mind A mental health charity	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: www.mind.org.uk
PAPYRUS Youth suicide prevention society	Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays) Website: www.papyrus-uk.org
Samaritans Confidential support for people experiencing feelings of distress or despair	Phone: 116 123 (free 24-hour helpline) Website: www.samaritans.org.uk
SANE Emotional support, information and guidance for people affected by mental illness, their families and carers	Website: www.sane.org.uk/support
YoungMinds A charity dedicated to children's mental health	Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: www.youngminds.org.uk
Cruse Bereavement Care Support for grief and bereavement	Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) Website: www.cruse.org.uk
Kooth online Kooth is a provider of online mental health services for children, young people and adults.	Website: https://www.kooth.com



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<p>Stay Alive App</p> <p>Designed for people who feel suicidal and for those concerned about someone else's suicidal thoughts. It includes details of local and national</p>	<p>You can download the free app on IOS or Android. For further details visit https://www.preventsuicide.org.uk/find-help-now/stay-alive-app/</p>
<p>crisis services, along with advice on helping someone else, suicide myth-busting and a safety plan.</p>	
<p>Suicide Bereavement support</p> <p>If you have been bereaved by suicide, then these services can help you find support</p>	<p>SOBS: https://www.uk-sobs.org.uk Helpline 0300 111 5065, 9am to 9pm Mon-Fri AMPARO: https://listening-ear.co.uk/amparo/ Helpline 0330 088 9255</p>
<p>Happy, Ok, Sad</p> <p>For information about mental health support services in Warrington and what to do if you can't cope</p>	<p>Website: http://www.happyoksad.org.uk/</p>
<p>CALM (Campaign Against Living Miserably)</p> <p>CALM phonenumber & webchat, 365 days, 5pm to midnight for men who want to talk things through</p>	<p>CALM runs an anonymous & confidential helpline & webchat service for men 5pm to midnight</p> <p>Tel: 0800 58 58 58</p> <p>Website: https://www.thecalmzone.net</p>

Domestic violence

ORGANISATION	CONTACT INFORMATION
<p>NSPCC Child protection charity</p>	<p>Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline) 0800 1111 for children (ChildLine's 24-hour helpline) Website: www.nspcc.org.uk</p>
<p>Refuge Advice on dealing with domestic violence</p>	<p>Phone: 0808 2000 247 (24-hour helpline) Website: www.refuge.org.uk</p>



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The Men's Advice Line For male domestic abuse survivors	Tel: 0808 801 0327
National LGBT+ Domestic Abuse Helpline	Tel: 0800 999 5428
National Domestic Violence Helpline	Tel: 0808 2000 247
The Mix Free information and support for under 25s in the UK	Tel: 0808 808 4994

Community support

ORGANISATION	CONTACT INFORMATION
North West Boroughs Healthcare 24/7 Mental Health crisis line for residents in Warrington, Halton, Knowsley, St Helens	01925 275309
Warrington Borough Council Coronavirus helplines for people who need support to stay at home	01925 442441 or 01925 442443 Website: https://www.warrington.gov.uk/help-and-support-vulnerable-people-Coronavirus
Warrington Voluntary Action Support for residents	01925 443322 Email: contact@warrington.gov.uk
Warrington Foodbank If you need emergency food please contact the foodbank directly	Tel: 0758308521 or 07925937659 Website: https://warrington.foodbank.org.uk
St Joseph's Family Centre Emergency food parcels	Email: contact@sjfc.org.uk Tel: 01925 635448



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<p>Talking Matters Warrington (IAPT) Support with mental health matters such as depression, anxiety, panic, phobia, obsessive compulsive disorder (OCD) or post-traumatic stress disorder (PTSD)</p>	<p>Tel: 01925 401720 Website: https://www.mhm.org.uk</p>
<p>Chatterpack A list of free online resources for anyone who is isolated at home</p>	<p>Website: https://chatterpack.net/blogs/blog/list-ofonline-resources-for-anyone-who-is-isolated-at-home</p>
<p>Warrington YOUTH SERVICE</p>	<p>Orford Youth Base Address Orford Youth Centre Capesthorpe Road Warrington Postcode WA2 0JF Telephone 01925 442440</p>

If there are any issues you can contact us on: tellus@bca.warrington.ac.uk



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