



HEDDINGHAM SCHOOL
AND SIXTH FORM

Parent Well Being & Resource Hub

Talking to Your Child about Coronavirus

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Activities

The Wilderness Foundation is a charity which supports the **well being** of both adults and children. They have created a mindfulness zone, activity zone and reflection zone to give **you** ideas on activities around the garden and on short walks. You can follow them on social media for weekly updates.

<https://wildernessfoundation.org.uk/wildtime/>

Your Mental Health and Well Being

National Centre for Children & Families - Supporting Parents and Carers

This video provides guidance to parents and carers about how they can support themselves and their children during any disruption caused by the coronavirus.

<https://www.youtube.com/watch?v=ZnANLAcPRZ4&feature=youtu.be>

Re-New Counselling

This is a charity where you can speak to a trained professional if you are struggling with the current situation or are affected by Covid-19. renew-us.org

Monday 07947 482 257 Wednesday 07759 262 889 Friday 07538 120 469

Tuesday 07903 410 131 Thursday 07394 533 792

Virgin Care has a useful resource hub to support you through this challenging time.

<https://essexfamilywellbeing.co.uk/covid-19-pandemic-resource-hub/>

Mind – Coronavirus and Your Well-Being

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse842d2>

Technical Support for Home Learning

Technical Support Centre: hedicttech@hedingham.essex.sch.uk

E-Safety

The following guidance has been sent to students as a reminder from assemblies before school closure.

E-Safety Safety

Over recent weeks, students will have had more 'screen time.' It is important to remember some golden rules of Internet Safety. These can be easily remembered through the **3 C's**.

Contact

Do not give out any personal information about yourself or your friends. Do not speak to anyone who you do not know. They may not be who they say they are. Should someone try to make contact with you, tell your parents and inform the school on safe@hedingham.essex.sch.uk

Conduct

Be aware of your own personal online behavior. Ensure it is not harmful to others. Remember, you will leave a cyber footprint. The internet has been a hugely positive tool for keeping us all connected. Continue to use it in this manner.

Content

Do not share any images of yourself or others which might be deemed inappropriate or illegal.

E-Safety Support Websites

Internet matters - for support for parents and carers to keep their children safe online

Net-aware - for support for parents and careers from the NSPCC.

Parent info - for support for parents and carers to keep their children safe online

Thinkuknow - for advice from the National Crime Agency to stay safe online

UK Safer Internet Centre - advice for parents and carers

UK Safer Internet Centre - to report and remove harmful online content

CEOP - for advice on making a report about online abuse.

Internet Matters can give you advice on E-Safety for emerging social media sites such as House Party.

<https://www.internetmatters.org/blog/2020/04/07/virtual-playgrounds-connecting-your-kids-with-their-school-friends/>

Emerging Minds

Emerging Minds COVID-19 webinar series has been developed in collaboration with the Mental Elf. It is running a series of webinars on a range of topics focussed on children and young people's mental health and wellbeing at this time. You can access the timetable and details of how to join on the link below.

<https://emergingminds.org.uk/emerging-minds-covid-19-webinar-series/>

Helplines

safe@hedingham.essex.sch.uk

Activities

Mr Nash 07522 358791 (Designated Safeguarding Lead)

Mrs Newland 07764339971 (Deputy Designated Safeguarding Lead)

Mr Hyde – 07764339972 (Head of Sixth Form)

Essex Child and Family Wellbeing Service

Mid Essex Tel: 0300 247 0014

Emotional Well Being and Mental Health Service: 0300 300 1600

