



HEDINGHAM SCHOOL
AND SIXTH FORM

**Student
Well Being
&
Resource Hub**

Health

Virgin Care

This website has a useful resource hub to support you through this challenging time.

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

If you wish to speak to the school nurse, please contact

safe@hedingham.essex.sch.uk

or contact your house manager via email.

Activities

Exercise at home

10 Minute Shake Up Games

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

The Wilderness Foundation

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

Childline - Calmzone

A toolbox of activities such as breathing exercises, coping videos, yoga videos and games that can help children feel calm in a period of disruption.

<https://www.childline.org.uk/toolbox/calm-zone/>

National Centre for Children and Families

A selection of self-care strategies that have been developed by young people to help manage their own wellbeing. During a time when access to regular appointments may be disrupted or anxiety might be heightened, it might be helpful to try one or some of these strategies.

<https://www.annafreud.org/on-my-mind/self-care/>

Mood Journal

This can help you track your daily mood and well being. We can also post you a paper copy if you need one. Just ask!

<https://www.childline.org.uk/login/?returnPath=%2flocker%2f#journal>

Newsround Video

How to cope when you can't go to school because of the coronavirus - Newsround video.

<https://www.bbc.co.uk/newsround/51656718>

Childline- Worried about the world

This page includes information on what concerns a child might currently have, for example about the coronavirus, and some things to try to address these worries.

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/#coronavirus>

Helplines

safe@hedingham.essex.sch.uk

Mr Nash 07522 358791 (Designated Safeguarding Lead)

Mrs Newland 07764339971 (Deputy Designated Safeguarding Lead)

Mr Hyde – 07764339972 (Head of Sixth Form)

Renew Counselling

For your first call, please ensure that you call them between 10.00am and 3.00pm and they will let you know what to expect.

Monday 07947 482 257

Tuesday 07903 410 131

Wednesday 07759 262 889

Thursday 07394 533 792

Friday 07538 120 469

SHOUT - text '**Shout**' to 85258 for 24/7 crisis text support

[Childline](#) - for support

kooth.com/ - for support

samaritans.org/ - for support

101 Non - Emergency Police/ Ambulance/ Fire

