

**ABBEY ACADEMIES TRUST**  
**Executive Headteacher: Mrs S J Moore**

19<sup>th</sup> January 2021

Dear Parent/ Carer,

During these challenging and unprecedented coronavirus times, the mental health and wellbeing of our children has never been more important.

Abbey Academies Trust Senior Leaders and our Mental Health and Wellbeing First Aiders: Mrs Cornish from Colsterworth, Mrs Campbell and Mrs Friel from Bourne Elsea Park and Mrs Farrar, Mrs Croom and Mrs Jones from Bourne Abbey, continue to work hard to ensure that there are rigorous systems in place that support pastoral care for all pupils. This takes place in many forms on a daily and weekly basis for our children who are learning both in school and at home.

For children who were receiving pastoral support during the Autumn Term, our fantastic Mental Health and Wellbeing First Aiders may have already been in touch with these pupils as part of an initial 'check in'. There will be further contact with these children as the school closure continues.

For all of our pupils both at home and in school, our Mental Health and Wellbeing First Aiders will be sharing a link each week to all classes via Seesaw. This will be an activity linked to the term's wellbeing focus of 'Be kind to yourself'. There will be an activity for all children to take part in, which staff will monitor. If it is felt that there is more support required for individual children, teachers will share this with Senior Leaders and the Mental Health and Wellbeing Team. This will make sure that pastoral support is carefully targeted for those who need it.

'Wellbeing Wednesday' will run across all three schools throughout Term 3, which we hope will prove to be extremely successful in allowing children to share their thoughts and feelings as well as providing yet another opportunity for teaching staff to have an insight into our children's wellbeing, regardless of whether they are learning at home or in school.

In addition to this, our sports providers Inspire+ are also still leading the delivery of high quality sports in our schools. These sessions are brilliantly linked to providing high energy and purposeful physical activity that has a huge benefit to the children's mental health. Inspire+ and Sports Leaders take great care to ensure that children are aware of the important relationship between being physically active and mental health. The children may know this as 'Healthy, Happy, Active.'

There are many more links and support materials available on the 'Wellbeing' pages on each of our schools' websites. More information for Parents and Carers on how you can support from home is available at the following webpage:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

As always, we are here to support you and your child/ren in any way possible. Please contact us via email if you require any more guidance.

Yours sincerely



Mrs S J Moore  
Executive Headteacher