

LHS Community well being newsletter

Longhill High School

7/17/2020

Edition 2, Volume 2



Support over the Summer!

School re-opening after the Corona lockdown

As we approach the beginning of the Summer holidays this *final edition* of the Wellbeing newsletter is going to be full of support and services that you can contact if you need any help during the Summer holidays.

As already stated last week, our Emotional Health and Wellbeing could not be more important than now so please feel reassured that whatever the issue, there is an organisation or person that can help you.

Many students have now had a face to face meeting with a

Need to contact someone at school?

We recognise that during the summer holiday you may feel the need to speak with someone in school about any concern you might have. With this in mind we have available a member of staff for this purpose. Please email fbarton@longhill.org.uk at any point during the summer

member of staff. Year 7s are now coming in these last few days too and students are saying that they are already feeling a lot more reassured about their return in September if all goes well. Parents and Carers will soon be receiving information about what is happening in September.

Further support for Parents and Carers is on our website and can be found [HERE](#). If you need support, we are here for you. *We wish you a safe and happy Summer!*

break if you have any concern regarding your child. Ms Barton will endeavour to respond within 48 hours of your contact.

Parentzone

Visit the new parent hub in the [Parentzone website](#) which gives families the tools to make the most of

Well being activities over the Summer

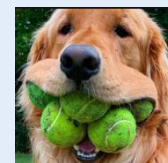
Activity 1

Make a treasure hunt for the family. Make up your own clues and hide your own prizes.



Activity 2

Try and think of 50 ways to use a tennis ball.



Listen to your favourite song and make up a dance routine or a backing track.

Try and involve all your family



tech throughout the holidays:

- fun, free activities
- a fortnightly parent bulletin
- Be Internet Legends livestreams
- a digital noticeboard – for sharing Instagram posts and more
- expert online safety advice

Internet Legends

In particular we would like you to become an 'Internet legend'. Be Internet Legends from Google and Parent Zone teaches children to become safer and more confident online by encouraging them to follow a simple code: [Sharp, Alert, Secure, Kind and Brave](#).

As parents, you're the experts on your kids – as well as their first and most important teachers. These resources are designed to support what you're doing at home – and help you make the most of tech throughout summer.

The School's Wellbeing Service

The Schools Wellbeing Service are offering a range of activities to support mental

health and wellbeing over the summer

Walk and Talk

For families they are offering Walk and Talk sessions on a Tuesday, Wednesday and Thursday at East Brighton Park, Preston Park, Hove Park and Victoria Park. Please contact the SWSConsultationLine@brighton-hove.gov.uk to book a place.

Advice Line

The SWS consultation line will be available throughout the summer to offer advice, guidance and just a person to talk to. We can also refer you to different activities taking place within communities to support wellbeing.

Please email SWSConsultationLine@brighton-hove.gov.uk

Or call 01273-293481 leaving your name, your child's name and a contact number

A Primary Mental Health Worker will call you back within 48 hours (week days only)

This is not a crisis line - if you require immediate support you need to contact your GP, call CAMHS duty care on

03003040061 or go direct to A&E

Activities for young people

Ready for School – transition workshops for parent/carers and young people. These will be virtual on 12th and 19th August

Preparing for school – a Primary Mental Health Worker will provide a fun work pack and doorstep visits for young people who are feeling anxious about returning to school.

Building my future (clay activity) - make a clay model and decorate this with the virtual support of a PMHW

Art therapy – an art based therapeutic group, led by PMHW's, which takes place on a weekly basis. Every Wednesday from 12 August to 2 September. Aimed at 11-16yrs who are struggling to attend school.

To register for any of these activities please contact the SWSConsultationLine@brighton-hove.gov.uk