



Mental wellbeing.

Bramhall High School takes the wellbeing of students seriously. Support provided throughout lockdown has been extensive:

- Regular contact/home visits from pastoral staff for vulnerable children and families.
- Referrals to external agencies.
- School-based specialist counselling services.
- School-based Wellbeing and Learning Mentors.
- School Nurse.
- Specialist parenting advice.
- Laptops and WIFI dongles.
- Foodbank and store vouchers for families experiencing financial difficulties.

Research shows that a return to the familiar and to previous routines is good for us. It is likely most children will find the return to school as a positive event to look forward to; a chance to reconnect with friends and teachers and a chance to feel 'normal' again.

However, it is understandable that some children may feel anxious about returning to school or worried about their health (or the health of a loved one) moving forward.

You can help prepare your child for the return in the following ways:

- + **Ensure they have full correct uniform/shoes ready.** (If you need help with uniform, please email your child's Head of Year.)
- + **Prepare your child by encouraging healthy sleep patterns.** (Timings of the school day have not changed and all school buses will be running as normal.)
- + **Use the resources on our website to talk through any worries your child may have.** (<https://bhsweb.co.uk/portfolio/parents>)
- + Use this poster at home:
https://www.traumainformedschools.co.uk/images/preparing_your_child_for_the_return_to_school.jpg

In order to ensure we have the correct support available to your child, please complete this very short questionnaire.

- 1) **During lockdown, has there been any serious illness or bereavement in your family that may impact upon your child's wellbeing?**
- 2) **Have there been any significant changes in family circumstances that may impact upon your child's wellbeing?**

If you wish to share additional information pertaining to the wellbeing of your child, please email your child's Head of Year.

Thank you.