



During this unprecedented time, everyone's mental wellbeing is hugely important to us at Bulphan. The school community consists of staff, children, parents and families, the church and local parish. You are not alone. We are all in this together.

Here are a few useful links that we have been provided with. We hope that sharing these sites with you will support your families over the coming weeks.

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

<https://www.cntw.nhs.uk/resource-library/relaxation-techniques/>

<https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>

<https://mentalhealth.org.uk/coronavirus/random-acts-kindness>

<https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/coronavirus-outbreak-how-to-explain-children>

<https://www.actionforhappiness.org/>

Take care, stay safe!

Miss Finch