



ABINGDON

From Head of Wellbeing: Paul Gooding

15 January 2021

Dear Abingdon School parents and carers

I wanted to write to you in order to signpost various websites and podcasts which offer support to you, as you support your children through this demanding time.

First, the Government have produced this very comprehensive support guide [here](#).

Second, the organisation “Emerging Minds” have publicized a wealth of resources for parents and carers to support you. I would highly recommend these resources to you, in particular the podcast page, which covers a wide variety of topics.

Information from Emerging Minds:

With so many families and children adjusting to remote learning and lockdown restrictions again, we wanted to share some of the resources that we put together from early last year.

*On our website, we have a page of **Resources for Families & Supporters** which is well worth a visit for anyone looking for advice on how to support children and young people during the pandemic.*

We wanted to also draw your attention to a few of the posts which might be of particular use at the moment:

- *Top Tips to Support Children & Young People with Worries & Anxiety in the context of COVID-19*
- *Parent/carer resource on how to support children & young people with their worries and anxiety - evidence-based and available in multiple languages!*
- *Links Round-up - our recommended resources from across the web on how to support children & young people during the pandemic*
- *Podcast - Living through lockdown - Discussion of the impact of social isolation on mental health and practical suggestions for how young people can cope during lockdown*

Abingdon School, Park Road, Abingdon, Oxfordshire, OX14 1DE

Tel: +44 (0)1235 521563

Fax: +44 (0)1235 849079

www.abingdon.org.uk

- [Podcast - Practical parenting during the pandemic](#) - practical advice and a young person's perspective about how the pandemic has impacted young people
- [Podcast - Let us play! Children's mental health during COVID-19](#) - advice about the role of play in children's well-being
- [Podcast - Teen sleep during COVID-19](#) - research on the role of sleep in mental being
- [Podcast - Autism in quarantine](#) - experts advise on how best to support young people with autism during the pandemic
- [Podcast: Advice on how to support children & young people with worries and anxiety](#) - features expert advice on topics such as parent responses, managing worries and the role of play in child well-being

Our [podcast page](#) features a full list of our past topics - well worth a listen!

Furthermore, Dr Radha Modgil from BBC Radio 1's Life Hacks [shares her top five tips](#) on how to stay mentally and emotionally well during the coronavirus lockdown.

In addition, students also have a dedicated [Wellbeing page on Firefly](#) where they will find a huge breadth of resources and information. Our school counsellors are also on hand and students can book an appointment by emailing (school.counsellor@abingdon.org.uk).

I hope that these resources are helpful as you support your children through this demanding period. Please don't feel alone and unsupported! Should you have any concerns or require further support do contact either Tutors or Housemasters in the first instance.

Finally, if you have not already done so please follow our dedicated wellbeing twitter page ([@Ab Wellbeing](#)) where we will be posting regular updates on mental health and wellbeing.

Kind regards

Paul Gooding (Head of Wellbeing)