



ABINGDON

From Head of Wellbeing: Paul Gooding

29 January 2021

Dear Abingdon School parents and carers

### Child's Mental Health Week

Next week is *Child's Mental Health Week* and so I thought it would be an opportune moment to write to you with some resources to support your children from home. This is particularly important as we are in lockdown. At Abingdon we are pleased to be in the process of rolling out the comprehensive Youth Mental Health First aid training to all our teaching staff (produced by Mental Health First Aid England) so that teachers are upskilled in this important area, as they, in turn, support your children. We also hope that the regular tutor-tutee slots also provide an opportunity for your children to chat, on a more informal basis, with their tutor about anything which is on their mind.

Here are some resources which I hope are helpful to you in supporting your children. First [here](#) is some general information, top tips and activities. Second, the Government have produced this very comprehensive support guide for the pandemic which is available [here](#).

We would also recommend both [Young Minds](#) and [The Mix](#) as good sources of information and support on this topic. They are both well worth bookmarking. The former has an excellent A-Z support guide for parents [here](#).

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](mailto: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.

Best wishes

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