

Moorside High School  
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[www.moorsidehigh.net](http://www.moorsidehigh.net)  
Headteacher Mr S N Clarke

Dear Parents and Carers,

Following the announcement that children could be returning to school from the 8<sup>th</sup> March I would like to take the opportunity to thank you, for your continued support during this lockdown and for your many positive comments about remote learning. Attendance to the live lessons has been excellent and I know both students and teachers are working hard to make these lessons work and to make sure nobody falls behind. It has been a steep learning curve for us all. We have all learned new ways of working which will be useful to us all as we move forward. The TEAMS lessons are no substitute for face to face teaching in the classroom but I am incredibly proud with the resilience and perseverance shown by all stakeholders throughout the last 12 months.

We understand that people are feeling stressed, overwhelmed and under pressure by everything that's happening. These are unprecedented times and it is completely understandable that you or your children may not be feeling great at the moment. I think it's important to recognise the great job you are all doing under such difficult circumstances. Our students are doing a fantastic job at online learning. Teachers at school are making comments about how well students engage with the lessons and how hard they are trying. This is something to be celebrated because it must be incredibly difficult for our young students. Never before have students been asked to learn from home for all lessons, they are demonstrating great independence considering they are having no physical contact with teacher and friends.

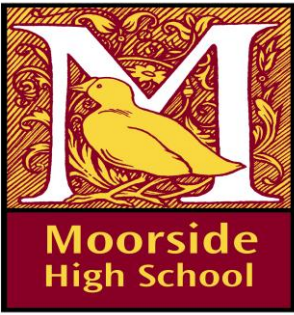
Next week is Children's Mental Health Week. I don't think there has ever been a more important time where the mental health of a nation, especially children, should be focussed on. At school we are doing our best to phone all parents and students to ensure everything is ok. These well-being phone calls are our opportunity to catch up with families to see if we can support you in any way. If you haven't received a call yet please don't worry. We are working our way through the whole school so I assure you we will contact you ASAP.

I have included below some ideas that might help you and your child. These ideas help students focus on their mental health and well-being. Part of the school's PSHE programme focusses on mental health and this is an opportunity for us to focus on their mental health while they are at home. These ideas can either be done independently or as a family.

1- Exercise. Exercise has been recognised as one of the best ways for children to maintain mental health and well-being. Being able to get out into the fresh air and complete physical exercise is good for physical and mental health. The PE department have uploaded lots of activities on the school website under the home learning section for your child to engage with. These activities are simple and fun and can be done individually or as a family.



Engage and Achieve



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# Engage and Achieve

To give a break from live face to face lessons we have decided that in the afternoon of **Friday 5<sup>th</sup> February 2021** there will be no live lessons and students will be asked to engage in these PE activities that are on the school website. We think this will be good for their mental health but will also allow teachers to engage in some important training.

2- Discussion. One of the ways to provide support for student's mental health is to discuss any concerns they might be having. This could be a focus next week and having a specific time to discuss their concerns gives them the opportunity to focus on any questions they might have. I have included some questions below which may be used to start a discussion.

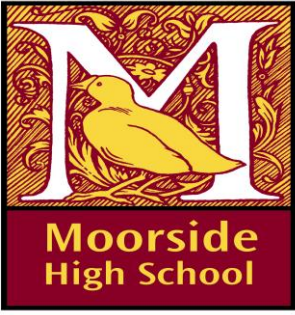
- What have you learnt about yourself during lockdown?
- What has made you feel happy during lockdown?
- Have you learnt any new skills during lockdown?
- Are you surprised by how you are feeling during lockdown?
- What do you think the people in your household are learning about you during lockdown?
- What do you miss most about school?
- What has made you feel angry during lockdown?

3- There are also websites that can be accessed that offer support for childrens mental health. They offer practical solutions to focus on mental health and well-being. They are a good source of information and allow you to look at different strategies that can help if you think you child's mental health is suffering. Some useful websites are;

- Samaritans [www.samaritans.org](http://www.samaritans.org)
- Shout [www.giveusashout.org](http://www.giveusashout.org) - A text message service for young people to text. A trained councillor will then text them back for discussion.
- Young Minds [www.youngminds.org.uk](http://www.youngminds.org.uk)
- MIND [www.mind.org.uk](http://www.mind.org.uk)
- NSPCC [www.nspcc.org.uk](http://www.nspcc.org.uk)
- Childline [www.childline.org.uk](http://www.childline.org.uk)
- Hub of Hope [www.hubofhope.co.uk](http://www.hubofhope.co.uk)

I hope you find some of the information useful. As a school we are trying our best to guide people to places where they can support their child/ children. If you feel you need support with any mental health issues, please feel free to contact school. We might not have all the answers but we may be able to inform you of an appropriate pathway if you feel your child's mental health is deteriorating quickly.





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Thank you for all you are doing. Let's hope we can return to some normality soon so students can return to school and begin socialising with friends again and seeing their teachers.

Yours Sincerely

S Clarke - Headteacher

and M Maher- Assistant Headteacher- Behaviour, Inclusion and Well-being

**Engage and Achieve**

