**Pupil’s Wellbeing**

Our children and young people may feel anxious, sad or worried about:

* people they know or close loved ones becoming ill or dying
* the lack of routine that school usually offers
* not seeing friends as much as they want to
* having to spend so much time at home.

**Signposting for Parents**

**SCHOOL NURSING TEAM**

The school nursing team are providing a confidential 'drop-in'  phone line during this period when they can not do the face to face drop-ins.

If you need support for things such as emotional wellbeing, sleeping, bedwetting, toileting, covid-19, then please call them on

0300 300 1635

or text

07769645114.

**Barnardo’s See, Hear, Respond Support Hub**

We’re here to help you

If you’re a parent or carer affected by Covid-19 in England, we’re here for you.

We can usually help if you are expecting a child or caring for anyone who is:

* under the age of 18,
* has a special educational need and are under the age of 25,
* not already supported by social services in England.

If you’re not sure if we can help, it’s okay to give us a call. You can tell us about yourself and, if we can’t help you, we’ll find someone who can.

We won’t judge you or blame you, whatever you are going through.

You can call us for free on 0800 157 7015 to speak to a friendly person in our team, and we’ll help you figure things out.

Our support is free, and we can talk about what kind of support works for you.

You can call us between Monday and Friday 9am – 9pm and Saturday and Sunday 10am – 6pm. You can also use our form below to explain a bit about yourself and we’ll get back to you.

If this is an emergency and a child is in danger, contact the Police on 999.

**CAMHS Parents Virtual Drop-in Sessions**

NB – not for children who are already under CAMHS

 Due To Covid-19 we are currently offering virtual drop-ins session for parents/carers these are for signposting and information regarding emotional health and wellbeing.

You can talk to us about lots of things regarding your child including:

Worries/ Anger / Emotions/ Sleep/ Bullying/ Coping skills

Your next drop-in will be Thursday 25th February 2021 at 9.00am- 1.00pm.

Please speak with Mrs Marsh via contact@engayne.co.uk

if you would like to book a 15 minute slot.

**GRIEF AND BEREVEMENT**

<https://www.griefencounter.org.uk/>

**PARENTING COURSES**

<https://haveringadultcollege.co.uk/family-learning/>

 Email familylearning@havering.gov.uk or call 01708 434955 for more information or to enrol

**LINK TO A RANGE OF FURTHER LINKS.**

Here is a link to Havering CAMHS resources for ages 5-11: <https://www.nelft.nhs.uk/havering-resources-camhs-age-5-11>. It may come in useful when needing to signpost children/families.

**RESOURCES**

WEBSITE – PARENT’S PAGES – WELLBEING

WEB DRIVE:

<http://www.engayne.org.uk/HOMELEARNING/-%20Inclusion%20-/>

WELLBEING

There are also visual timetables and now and next boards in the visuals folders to help with motivation to work / behaviour.