



Rise Park Primary and Nursery School
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Dear Parents / Carers,

At Rise Park we very much focus on children's mental health and wellbeing but since school re-opened we have adapted our curriculum to ensure children receive the support they need to help them feel safe and well in school.

We also understand that it is not only children who struggle with this. As adults, we have all had to adapt to the changes in responsibility, or changes in individual circumstances which may have had an impact on our own wellbeing and mental health.

HOW CAN I SUPPORT MY CHILD'S MENTAL HEALTH AT HOME?

Please do not hesitate to contact school and speak to Mrs Lamb or Mrs Watts if you are concerned about your child. There are lots of ways we can support your child in school as well as sign post to professional services if that is needed.

You can also use this resource which has been put together by Young Minds which will help you at home. It asks parents to answer six questions to find out how you can support your child's mental health during the pandemic:

<https://youngminds.org.uk/supporting-parents-helpfinder/>

Feeling different from usual or noticed a change in your behaviour? Find out about some common feelings and mental health symptoms, how to cope, and where to go to get help:

<https://youngminds.org.uk/find-help/feelings-and-symptoms/>

MORE PARENT RESOURCES

<https://youngminds.org.uk/find-help/for-parents/>

Please do not hesitate to contact your child's class teacher, Mrs Lamb or Mrs Watts if you are at any point worried about either you or your child's wellbeing.

Yours sincerely,

Mrs Kelly
Headteacher