



TO CARE
TO LEARN
TO ACHIEVE

BEDFORD HIGH SCHOOL
A Specialist Business and Enterprise College
with Applied Learning
Headteacher: Mrs H J Phillips

September 2020

Dear Parents and Guardians,

Returning to Normal

For many young people returning to school may be a relief and may even feel exciting. However, school is not going to be the same and this will take some adjusting to for everyone.

We want our young people to adapt comfortably to the new normal and learning and following the new rules. They may have felt safe staying at home and now need to know that they are safe in school as they reconnect with their teachers, friends and class mates and settle into new routines.

We know our students well and are aware of those who are most vulnerable. We cannot completely protect children from the difficult things in life but we can help them to cope and to adjust and adapt. We can all help them accept the difficult things and to express their feelings and emotions safely. We can all build on their strengths, develop resilience, support them to enjoy the present and have hope for the future.

The following website includes some good ideas on supporting your child back to school - <https://www.familylives.org.uk/advice/primary/learning-school/supporting-your-child-at-school/>

And in getting them into good habits and reducing screen time at home and school - <https://www.actionforhealthykids.org/activity/limit-screen-time/>

Stress & Anxiety

Following this long period of disruption, some young people may have increased stress or anxiety and for some it may have exacerbated or triggered anxieties they were already struggling with. Families can seek support from <https://www.actionforchildren.org.uk/what-we-do/children-young-people/blues-programme/>

Financial Hardship

For some families, Covid-19 has brought financial hardship. Support for single parents can be found at <https://www.gingerbread.org.uk/policy-campaigns/covid-19-briefing/>

Domestic Abuse

Domestic abuse affects the whole family. If your family needs support, the Wigan & Leigh domestic abuse helpline can be contacted on 01942 311365. The phone line is open between 7am-7pm each day. The Women's Aid website may be of used: <https://www.womensaid.org.uk/>

Family Breakdown

Every child and young person's experience of the breakdown of their family unit will be different. The loss of the family structure can often cause intense emotional distress.

Useful websites:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/separation-and-divorce/>

<https://youngminds.org.uk/starting-a-conversation-with-your-child/>

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Bereavement

A child's understanding of death will depend on many things, including their age, stage of development, family background, personality and previous experience of death. Children don't develop at the same rate and an important thing to understand is that children will revisit their grief as they get older and as their thinking skills develop.

Child Bereavement UK - 0800 02 888 40 support@childbereavementuk.org

Winston's Wish Freephone Tel: 08088 020 021 – National Helpline offering guidance, information and support to anyone caring for a bereaved child.

<https://www.winstonswish.org/supporting-you/support-for-schools/>

Other useful contacts:

The Wigan 24 hour mental health crisis line: <https://www.wigan.gov.uk/Resident/Health-Social-Care/Adults/fit-and-well/Mental-health/Help-and-support.aspx#Youngpeople>

The MindEd website complete with COVID-19 advice <https://covid.minded.org.uk/>

If you need to talk to someone in school about your child, please contact your child's PGO or Pastoral Manager.

Yours faithfully

B Moss

Mrs B Moss

Deputy Headteacher, Pastoral Care & Student Wellbeing