



Hi All, Welcome to a weekly 'how are we all doing?' collage board. Hopefully, there is something included in here that you will want to think about and perhaps explore further. All these ideas/resources/suggestions have been tweeted on the [@thedsat](#). We will continue to add things through the DSAT Twitter account. Take care, AIT.

**From Mark:**

So, that was a bit different wasn't it, as far as a school 'holiday' goes? In fact, everything is rather different to what we are used to. I don't know about you, but I always find preparing for a new term rather daunting – even that is different right now. What are we preparing for? How long for? When am I in school? When am I at home? How is everyone getting along? When will things get back to normal? There is so much uncertainty. In the midst of that uncertainty, what are you hanging on to? Where are you finding hope? It is probably in the things that are most familiar to you – the things that haven't changed. If something good comes out of all of this, perhaps it will be that we no longer take for granted, so many of the things that we enjoy every day. I have found great encouragement and hope recently in the words of the psalmist David, which encourage us to rest in the love of God and the hope that there is to be found in him – along with all the things that we have to enjoy every day.

Psalm 103

Bless the Lord, O my soul;  
And all that is within me, bless His holy name!  
**Bless the Lord, O my soul,**  
**And forget not all His benefits:**  
Who forgives all your iniquities,  
Who heals all your diseases,  
Who redeems your life from destruction,  
Who crowns you with lovingkindness and tender mercies,  
Who satisfies your mouth with good things,  
So that your youth is renewed like the eagle's.

✓ Create a routine for the day – structure is the pre-requisite to freedom.



## What support is available for children with mental health issues?

Leaders of educational settings, and designated safeguarding leads, know who their most vulnerable children and young people are, and will have the flexibility to offer a place to those children and young people.

All NHS mental health trusts are setting up 24/7 helplines, and seeking to use digital and virtual channels, to continue delivering support during the pandemic.

Social connections, alongside exercise, sleep, diet and routine, are important protective factors for mental health. Resources to promote and support mental wellbeing are included in the [list of online resources](#) we have published to help children to learn at home. Public Health England has also published [guidance on supporting children and young people's mental health](#). The Department of Health and Social Care is providing £5m of additional funding for mental health charities to support adults and children.

Digital support includes:

- [Minded educational resources](#) for adults about children and young people's mental health, which is relevant for teachers, other professionals working with children, volunteers, parents and carers
- the [Every Mind Matters platform](#), from Public Health England, about looking after your mental health
- [Rise Above](#), targeted at young people, which also has [schools-facing lesson plans](#)



<https://mailchi.mp/edsupport/teacher-wellbeing-index-published-3170913?e=c1cac880e6>

[Working from home...please see the attached easy-to-digest information from Wiltshire Council.](#)



*Thank you for all you are doing, going 'Beyond expectations' as we serve our children, their families and communities. Thank you.*