



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...

WILLIAM HARDING SCHOOL

Hazlehurst Drive, Aylesbury, Bucks. HP21 9TJ

Phone: 01296 421733

E-mail: office@williamharding.school

Website: www.williamhardingschool.co.uk

Head Teacher: Miss T Cotchin BA(Hons) PGCE NPQH

15 January 2021

Re: Tips for Parents

Hope you're all keeping well and safe!

You might be finding it even harder than ever at the moment to know how to best look after your child's mental health and wellbeing, as well as your own. If you're struggling, you are not alone, it's normal and entirely understandable if you're feeling overwhelmed, frustrated, worried or exhausted about the situation.

These resources will help your children to name their feelings and build their resilience and courage.

[Tracking my feelings : Mentally Healthy Schools](#)

Tracking my feelings This simple emotion and activity tracker is designed to help individual children to identify trigger points and positivity in their day-to-day life.

[Resilience ladder : Mentally Healthy Schools](#)

The ladder format is designed to break down goals into smaller, achievable steps, and develop a growth mindset in children. Breaking down a goal in this way helps children realise that it is how we process and deal with setbacks that let us develop resilience

[Mindfulness calendar: daily five minute activities : Mentally Healthy Schools](#)

Using this resource This resource is designed for: children aged 3 and up; use with individual children, small groups or whole classes; The activities within the calendar will take approximately five minutes and can be done at home or in school.

Yours faithfully,

Mrs Sarah Pacelli - school counsellor

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.

