



Headteacher's Recommendation

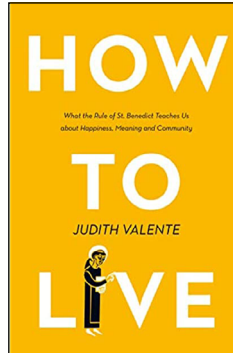
How To Live

by Judith Valente

A great read sharing what the Rule of St Benedict teaches us about Happiness, Meaning and Community.

The Rule of St Benedict comes from an era when a great civilisation was threatened by violence, corrupt political leadership, xenophobia and a widening gulf between rich and poor. The author reveals how St Benedict's ancient wisdom can change the quality and texture of our lives. An inspiring read!

Available to purchase on Kindle [here](#).



Help & Support

This newsletter outlines the extensive support available for your daughter throughout the period of school closure. It also outlines additional PSHEC recommendations for your daughter to utilize in addition to their online learning.

Pastoral Support During School Closure

At this difficult time we would like to continue offering your daughter excellent pastoral care and to ensure her physical and emotional health are being looked after.

We are asking that if parents have concerns for their daughter's wellbeing whilst school is closed then please contact their daughters [Head of Year](#) or **Mrs Gilmore (Mental Health Lead)** rachael.gilmore@ursulinehigh.merton.sch.uk. We would then look to triage your daughter to the correct service we have in school or to a service out of school if we cannot meet the need through what we can offer via school.

The concern maybe regarding one of the following issues; low mood, anxiety levels, eating habits, sleeping habits or another matter. Through school we can offer one of the following services, if it is appropriate:

- **Erica, School Councillor** who can offer one-to-one sessions via Microsoft Teams
- **Dena Donaldson, Wellbeing coordinator** who can offer one-to-one telephone sessions
- **Educational Wellbeing Practitioners** who can offer video or phone sessions
- **School Nurse** who can offer advice and refer onto other services if you would like to speak to the school nursing team during the Covid-19 outbreak, please Phone: 0208 102 3350 or Email: CLCHT.schoolnursingmerton@nhs.net for confidential telephone health advice and support between *Monday and Friday 9am-5pm*

There are also:

- **Kooth** – www.kooth.com. Online support services for young people, 11-25 years. It offers free online counselling from 12pm-10pm Mon-Fri and from 6pm-10pm Sat/Sun
- **Young Minds Online**. A helpline support for anyone worried about the emotional wellbeing or mental health of a young person aged 0-25 www.youngminds.org.uk
- **Good Thinking**. <https://www.good-thinking.uk/> For adults who live in London, offers support and links to apps for helping with anxiety, stress, low mood and sleep deprivation
- **Family Lives**. This is a free help line that offers support and advice on any aspect of parenting and family life - they have volunteers working from home 9am-9pm Mon-Fri and 10am-3pm Sat/Sun **0808 800 2222**
- **GP** – Your family GP is well placed to support with health issues although in the current climate may only be able to offer telephone consultations.

Please do not hesitate to contact us if you are concerned about your daughter's wellbeing. You can also refer to the helpful NHS guide on ['Staying Well at Home'](#) here. We hope your family stay safe and well.

KEEPING 'MENTALLY WELL'

FOUR COPING SKILLS

1. Sleeping
2. Relaxing
3. Moving your body
4. Connecting socially

Read the very interesting article on the human capacity to cope in *The Guardian* online [here](#).

TIME OUT



Got a minute?

This May, the Mental Health Minute wants to remind everyone that whoever you are and whatever you're going through, we're all connected and you're not alone. Watch the video [here](#).

KIT CAST PODCAST

The P.E Department have been posting regular podcasts on Microsoft Stream this half term to find out what some of the teachers at UHS have been up to (outside of teaching) during lockdown. Kitcast 3 features Mr Satterthwaite and Ms McCauley, talking about superpowers, cooking skills and Mr Satterthwaite's secret acting skills! Have a listen [here!](#)

EASE YOUR TEENS WORRIES

Worried about Coronavirus? **STEM 4** have created a fantastic booklet to help teenagers who might be worried about the outbreak, or have been struggling with their mental health. Take a look [here](#).

“Tough times don't last, but tough people do...”