



Highsted Grammar School

Maintaining positive mental health during the Coronavirus pandemic

Following on from the communication sent to parents on the 24 April, it remains important to maintain a positive mental health at this time.

Please see below links to support, your child, you as a parent/carer and staff mental wellbeing.

Please see links to Public Health England guidance below for parents, students and staff:

Guidance for parents and carers for supporting children and young people's mental health and wellbeing during the coronavirus pandemic.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Coronavirus (COVID-19): an easy read guide to looking after your feelings and your body.

<https://www.highsted.kent.sch.uk/assets/PDFs/Wellbeing/Looking-after-your-feelings-and-body.pdf>

Guidance for the public on mental health and wellbeing aspects of coronavirus (COVID-19)

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>