



Newsletter

Dear Parents & Friends,

There has been a significant increase in mental health issues over the last few weeks. People don't always label it as 'mental health', they may say 'We are not coping.' Or 'I'm stressed.' People might say 'I'm worried about that.' Or 'I'm a bit anxious.' Sometimes, we don't notice that our mental health is suffering until our bodies tell us to stop – and then we have to admit we are 'Run-down'. At Stubbins, we are always here to support families where we can, and to signpost services which can offer additional support. We would love to be able to accommodate children in school of every family who is struggling but sadly, at present, we cannot.

I would like to thank, once again, the staff here at Stubbins for continuing to provide for the children under very difficult circumstances. Every member of staff has their own family and worries. We have staff members who are carers for their elderly relatives, and others who have small children and are themselves struggling with childcare. We have members of staff who are shielding and others whose partners or family members are currently very poorly with COVID. The level of anxiety amongst staff increased significantly with the announcement of the new COVID variant, and I am well aware of the weight of responsibility trying to ensure that everyone is safe when there are 15 children in the classroom. With 2 members of staff in the class, that is 17 families.

Please be aware that as well as coping with their own personal circumstances, my staff are being asked to take on the stress and anxiety of the children and families in our care. We are all finding ways to cope.

Mrs Salmon

You may be aware that our Year 6 teacher, Mrs Salmon, is currently on sick leave. This is not COVID related, but her absence is likely to last for quite some time. I'm sure you would join with me in sending our very best wishes in what is an extremely challenging time.

Self-Isolation

Whilst driving home from work one day this week, I noticed a child and their carer, who should both have been self-isolating, cycling down the road. It did make me wonder if people understand what self-isolation actually means. I have included information from the NHS on the reverse of this Newsletter as a reminder.



Information and Support: Mental Health <https://www.bbc.co.uk/actionline>

The BBC Actionline website signposts help for a wide range of issues. Their page dedicated to information & support for mental health is particularly good. I have put a link to it on the COVID-19 page of the school website. If you, or someone you know, have been affected by mental health issues, the following organisations may be able to help:

ChildLine is a free, 24-hour confidential helpline for children and young people who need to talk. Phone: 0800 1111 <https://www.childline.org.uk>

Mind provides advice and support on a range of topics including types of mental health problem, legislation and details of local help and support in England and Wales. Phone: 0300 123 3393 (weekdays 9am - 6pm) <https://www.mind.org.uk>

Young Minds offers information, support and advice for children and young people on mental health, wellbeing, racism and self-harm. Help for concerned parents of those under 25 is offered by phone. Phone: 0808 802 5544 (Mon-Fri 9.30am-4pm) <https://youngminds.org.uk>

Rethink Mental Illness advice offers practical help and information for anyone affected by mental illness on a wide range of topics such as The Mental Health Act, living with mental illness, medication and care. Phone: 0808 801 0525 (Mon-Fri 9.30am-4pm) <https://www.rethink.org/advice-and-information>

Stay Well ☺

To receive this Newsletter by email, simply contact head@stubbins.lancs.sch.uk.

Mr. J. Danson



When to self-isolate and what to do

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do>

What is self-isolation?

Self-isolation is when you do not leave your home because you have or might have coronavirus (COVID-19). This helps stop the virus spreading to other people.

Self-isolation is different to:

- [social distancing](#) – general advice for everyone to avoid close contact with other people
- [shielding](#) – advice for people at high risk from coronavirus

Information:

It's a legal requirement to self-isolate if you test positive or are told to self-isolate by NHS Test and Trace. ***You could be fined if you do not self-isolate.***

When to self-isolate

Self-isolate immediately if:

- you have any [symptoms of coronavirus](#) (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you've tested positive for coronavirus – this means you have coronavirus
- someone you live with has symptoms or tested positive
- someone in your support bubble has symptoms and you've been in close contact with them since their symptoms started or during the 48 hours before they started
- someone in your support bubble tested positive and you've been in close contact with them since they had the test or in the 48 hours before their test
- you've been told you've been in contact with someone who tested positive – [find out what to do if you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app](#)
- you arrive in the UK from a country with a high coronavirus risk – see [GOV.UK: how to self-isolate when you travel to the UK](#)

Information:

If you think you've been in contact with someone who has coronavirus, but you do not have symptoms and have not been told to self-isolate, continue to follow [social distancing advice](#).

How to self-isolate

You must not leave your home if you're self-isolating.

- do not go to work, school or public places – work from home if you can
- do not go on public transport or use taxis
- do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- do not have visitors in your home, including friends and family – except for people providing essential care
- do not go out to exercise – exercise at home or in your garden, if you have one

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Mr. J. DANSON