



THE PRIORY SCHOOL

D O R K I N G

Headteacher: Mrs J Trimnell

20th January 2021

Dear Parents and Carers

As we are all in another national lockdown and unable to meet up with friends and external family, it is vital that everyone keeps as well as they can. This is both physically and mentally. Although it is a little cold or wet at times and the days are fairly short it is important that everyone is able to get some fresh air and exercise unless they are currently isolating. At The Priory we take the wellbeing of both our staff and students along with the parents of our students seriously. Therefore this letter is to make you aware of some organisations which are there to help should you find yourself needing a little extra support or a few minutes to look at some different ideas.

Services for students:

The Mix

<https://www.themix.org.uk/>

Support on a wide range of topics, including coping during lockdown. A free and confidential helpline and counselling service.



Young Minds

<https://youngminds.org.uk/>

Information to help young people if they are feeling anxious.



Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/>

Mental wellbeing whilst staying at home.

Information about mental health services available through the NHS.



For adults:

Headspace

Videos on meditation and mindfulness to help you relax.



Mind for better mental health

Information to help if you are feeling anxious or worried about Coronavirus.



2.

There are many other website links also listed on our website on our wellbeing page. They include several on how to keep children safe online and what parents need to know about Zoom. Just to remind you that if students come across something that they do not feel comfortable with or they are worried about on line they should report it on Tootoot or parents can report it via our CEOP link on our website.

On top of this there are links to several different wellbeing activities. Can you take on the daily challenge? Can you do the weekly mindfulness challenge?

FEBRUARY 2021						
SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						
Notes:						

4th February is the national Time to Talk Day. A day promoting the importance of talking about mental health and helping to change lives.

11th February is the National Safety Internet day

Please look out for activities connected with these on our website.

We all know how important it is for our mental health and wellbeing to get some fresh air exercise each day. Mr McEvoy is currently running two house competitions – a virtual cross country and a virtual tea bag basketball. Spend a few minutes earning points for your house but also having some fun at the same time. You could also check out <https://www.sustrans.org.uk/> **Sustrans outside in** provides fun ideas and inspiration for parents to bring education, health and wellbeing activities into their home.



If you have any concerns or worries your student's tutors or heads of years should be the first point of contact. If you try any of these things and find them particularly helpful or would like a conversation please feel free to contact myself on htr@priorycofe.com I hope you are all able to stay safe and well.

Kind regards

A handwritten signature in black ink that reads 'H. Taylor'.

Ms H Taylor
Assistant Headteacher



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