

# Pastoral and Well-Being Support

To help pupils and parents adapt to the return to school, or continuation of Home Learning, we are offering an e-mail address for parents to use, if they are anxious or worried about the impact of returning to school, or staying at home, on pupils.

You can contact **Mrs Jane Furlong (Learning Mentor)** directly using her work e-mail address:

[mentors@nestonpri.cheshire.sch.uk](mailto:mentors@nestonpri.cheshire.sch.uk)



**EMOTIONAL HEALTH**



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

# Stay healthy. Stay calm.

8 tips for managing your child's anxiety about COVID-19.



Create a routine.



Listen to your child and check in frequently.



Look for signs of anxiety.



Teach coping skills.



Focus on controllable tasks like washing hands.



Encourage positive thinking.



Stay connected.



Seek professional help if needed.

Get more tips and resources at [childrens.com/covid19](https://childrens.com/covid19)

