



5<sup>th</sup> November 2020

Dear Parents/Carers

As we approach another national lockdown when, at times, we can all feel a little isolated, I felt it might be timely to remind you of the range of help that is available to you should you feel you, or your child, need a little bit of extra support. The safety and happiness of our students is a priority at the best of times but we are very conscious that this extraordinary global situation has the potential to cause great concern to our students and impact negatively on their mental health and wellbeing. There are some very useful resources available which can be found below.

[North Yorkshire Children & Young People Mental Health](#)

Support, advice and guidance for children and young people around mental health.

[Growing Healthy North Yorkshire](#)

Emotional Health and Wellbeing advice and guidance for 13-19 year olds.

[The Go-To for healthy minds in North Yorkshire](#)

- Advice for **young people** can be found [here](#). Life can be challenging at times. The most important thing to remember is **you are not alone** and looking for advice and support is exactly the right thing to do.
- Advice, guidance and support for **Parents/Carers** can be found [here](#). Whether toddlers or teenagers, children can need emotional support – and for many reasons too. If you are a parent or carer, we have resources which might help.

The resources below provide guidance for parents and carers to help you keep your children safe online. They will, amongst other things, support you to talk to your child about a range of online safety issues, set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices:

- [Thinkuknow](#) by National Crime Agency-CEOP (Child Exploitation and Online Protection) provides resources for parents and carers and children of all ages to help keep children safe online.
- [Childnet](#) has developed [guidance for parents and carers](#) to begin a conversation about online safety.
- [Parent Info](#) is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers relating to the digital world from leading experts and organisations.
- NSPCC has [guidance for parents and carers](#) to help keep children safe online. It has a good resource regarding the different apps and risks each one has. This can be found [here](#).
- [UK Safer Internet Centre](#) provides tips and advice for parents and carers to keep children safe online - you can also report any harmful content found online through the [UK Safer Internet Centre](#).

We are, as always, very keen to work in partnership with you to ensure that your child feels safe and happy as only then can they flourish and achieve their potential. I would actively encourage you to get in touch with your child's tutor/head of year should you be concerned in any way and we can then work together to resolve any issues and support you and your child.

I hope that you all keep safe.

Kind regards

*S.A. Bell*

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