



A learning community unified by ambition and individuality



## Keeping your Mind Healthy during self-isolation—More Take Aways for the Adults

### learn.4mentalhealth.com

This website is fantastic. There are tools on there to develop your own wellbeing plan, including 'quick fixes' you are feeling panicked and need to instantly self-soothe.



if

For example, it only takes 30 seconds to: Close your eyes, hold one hand in the other, squeeze gently and repeat 'I can get through this'. Give it a go if you need a boost when it all gets to be too much to handle. Now more than ever, it's OK not to be OK. Looking after yourself is not a luxury, it is an essential.

### Samaritans

The Samaritans can be contacted 24/7 on 116 123

**Staying Safe**  
from suicidal thoughts

[www.stayingsafe.net](http://www.stayingsafe.net)

### ***The Palace Wood team has gained a new member... Introducing Mrs Bryer!***



*Mrs Bryer is our new Family Liaison Officer and she started a couple of days before school closed, so she has had quite a strange induction to life at Palace Wood! Mrs Bryer will be working Monday-Friday 8:15am-3:45pm and will be helping to share resources and ideas with you to support the emotional wellbeing of you and your family at this time.*

I have been supporting children and families for over 12 years and I am really looking forward to being a part of the Palace Wood Team. It has been quite a strange start to my first few days at Palace Wood but what I did find is that there is such a strong sense of community at this school and I am really looking forward to being part of it. I think Palace Wood is a very special place to be!

Many Parents and Carers regardless of background feel there are times in their life that they need advice and support. I will be available for informal chats, appointments and if needed home visits, so please do come and say hello when you we are back at school. As a mum myself, I never forget how precious your children are and it is my aim to build strong relationships with you, so every child is happy, thriving and fulfilling their potential.



**Are you or someone you know experiencing loneliness during self-isolation or shielding?**

[www.quarantinechat.com](http://www.quarantinechat.com) (can also be accessed via the app DialUp) is an amazing find for anyone missing human



contact during lockdown. From the site: 'We simulate the magic of having a surprise conversation with someone—something that is becoming increasingly rare during the times of a viral epidemic.'

Cases of domestic abuse are already increasing under lockdown conditions. Here are two apps that have been recommended by safeguarding experts—**Hollie Guard** and **Bright Sky**.

Hollie Guard has a Stealth Alarm to discreetly raise an alert, and a Soft Alert function which allows you to get help simply by pressing the volume key on your phone.

*Hollie*  
Guard

YOUR NEW PERSONAL  
**SAFETY APP**

Please remember that our school Designated Safeguarding Leads can be contacted at any time, but if you feel that you or someone else is in immediate danger you must call 999.

Our DSLs are:

Mr Chatley headteacher@palacewood.kent.sch.uk

Mrs Root amy.root@palacewood.kent.sch.uk

Mrs Vincett claire.vincett@palacewood.kent.sch.uk

Miss Ridout emma.ridout@palacewood.kent.sch.uk

If you are worried about a child, you can contact the NSPCC:

Help for adults concerned about a child  
Call us on 0808 800 5000

Your friend needs  
Domestic abuse **YOU.**  
can affect anyone

If you're concerned about someone you know, download **Bright Sky** for support and information.

#WHATICANDO

Download on the App Store  
GET IT ON Google Play

Bright Sky

The image shows two smartphones. The front phone displays the Hollie Guard app interface with a grid of buttons for 'FAMILY OR FRIEND AT RISK?', 'HOW CAN I HELP?', 'SEXUAL CONSENT AND STALKING', 'NATIONAL HELPLINES', 'DISPELLING MYTHS', and 'DOMESTIC ABUSE RESOURCES'. The back phone displays the Bright Sky app interface with a 'FIND HELP' section, a 'USE CURRENT LOCATION' button, and a 'FIND OTHER LOCATION' button.



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### COVID-19 Symptom Tracker

Researchers at Kings College London are asking people to download the app and check in daily, even if feeling completely well, to track the spread of coronavirus.

It's free to download and takes seconds to complete each day, plus it might bring the researchers closer to managing the COVID-19 crisis.



### Can you help?

If it is safe, one of the best ways of helping your own mental health is to help others. There are a lot of volunteer opportunities for people to get involved in at present and helping the vulnerable, the elderly and the sick could be a great way of keeping active.

There is an Acts of Kindness calendar with ideas and resources, made by The Red Cross  
[www.redcross.org.uk](http://www.redcross.org.uk)



You can share your kind acts on Twitter, Facebook and Instagram using #PowerofKindness and @BritishRedCross



### Free Wellness Apps

Here are a few apps offering free meditations, fitness and wellbeing tips to help adults to manage the range of emotions we are all feeling during lockdown and the COVID-19 pandemic.



**Contain The Virus**  
Health & Wellbeing



**Headspace**  
Meditation



**Own Your Goals Davina**  
Health and Wellbeing



**Down Dog**  
Health & Wellbeing



### Screen Time

Accept that your children will probably watch more TV/spend time on their devices – that's ok but you might want to set/agree some screen time limits and monitor what they are using to ensure it is age appropriate and being used safely.

Keep safe, stay strong, look after each other and keep talking to us. We value your voice because we haven't done this before either!