



St Patrick's RC Primary School, Dipton

North Road, Flint Hill, Dipton, Stanley, Co. Durham, DH9 9BB. Tel: 01207570316

E-mail: diptonstpatricks@durhamlearning.net Website: <http://www.dipton.durham.sch.uk/>

Headteacher: Mrs J Burgess

We follow in Christ's footsteps

Monday 1st February

Dear Parents/Carers and Pupils

Children's Mental Health Week 2021 - Express Yourself

Pupils

Feeling positive, when times are challenging, is not always easy. This is why, whether you are at home or school, we want everyone to join in the Children's Mental Health Week from 1-7 February 2021. This year's theme is **Express Yourself**.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It's important to remember that being able to **express yourself** is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

For Children's Mental Health Week 2021 we will be encouraging children (and adults) to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, our thoughts and our ideas.

Please see link below for further information.

<https://www.childrensmentalhealthweek.org.uk/about-the-week/>

Adults

Your mental health matters to us too. We have attached some useful numbers for you to contact to should you ever be in need. During this situation, you are not alone. Remember, we are always here if you need to talk to us.

Please phone the school office or email:

diptonstpatricks@durhamlearning.net

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Home learning

It has been a few weeks since we introduced our live check-ins and live teaching. As expected, it has been interesting. With each session, the technical glitches seem to lessen and things seem to be running more smoothly now. A huge thank you to everyone: staff, parents and pupils for your readiness to embrace new ways of working. Patience definitely helped too!

Some pointers just to help check-ins and live lessons run as efficiently as possible.

Please:

- Join the sessions 5 minutes early and wait in the lobby;
- Join muted;
- Have cameras on – otherwise teachers are just talking to initials;
- Do not have different backgrounds – the area where you are sitting should be in view;
- Sit ready for work;
- No pyjamas;
- Only use the 'chat' function if the teacher tells you to as part of the lesson.

Remember, if you need help with technology, get in touch with the school office. We still have laptops available and we would like to put them to good use! We want to make learning as accessible as possible for every child at St. Patrick's.

Questionnaires

Thank you to all those who filled in our recent questionnaires. We had 83 responses from parents/carers and 60 responses from our pupils. We will share a summary with you very shortly.

School reopening

We await further information regarding the wider reopening of our school and we will keep you updated. Until then, keep going with all you are doing! Hopefully, it will be safe for everyone to return soon!

Kind regards

Mrs Burgess
Headteacher

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Mental Health & Emotional Support

for adults in County Durham

This is a **great starting point** to help you **access support**

Advice and self-help



NHS

Stressed, anxious or depressed? Or just want to feel happier your NHS is here to help.



Every Mind Matters

Find expert advice and practical tips to help you look after your mental health and wellbeing.



The Recovery College Online

Providing a range of online courses and resources



Mind

Resources from Mind can help find what's right for you and your family.



Rethink Mental Illness

Offers online support and some local groups.



Helplines and Webchats



Shout

Anxious? Worried? Stressed? Get 24/7 help from our team of Crisis Volunteers. Text 85258.



Samaritans

The Samaritans are there to listen



116 123

24 hours a day 365 days a year



SANE

Sane and the SANEline offers one-to-one support for those times you feel you need it most.



07984 967 708



Calm: Campaign against living miserably

Access the helpline to talk and find support.



0800 58 58 58

365 days a year
5pm-Midnight



If you are looking for more specific help

NHS Mental Health

Remember **GPs** are **available to help**.

You are **not alone**, we can get through this **together**.



Connecting to local support



Wellbeing for life

Helping you find what's around you and how to make the most of it.



0800 876 6887

Call free for expert advice



ManHealth

Offering advice, peer workshops and a place to talk.



01388 320023



Talking Changes

A self-help, counselling and talking therapies service designed to help anyone with common mental health problems.



0191 333 3300



Time to Change Hub

A local social movement aiming to change the way people think and act about mental health.



Durham Locate



Durham County Council

Helping you to find support locally.

Accessing specialist Services



NHS 111

Answer questions about your mental health and find you support locally.



County Durham Together hub

Help when self-isolating/how to volunteer.



03000 260 260



Community Floating Support Teams

Offering services for people with mental health issues who do not have a social worker or care coordinator to access support.



03000 269 071



Crisis Resolution and Intensive Home Treatment Team

Providing specialist treatments and assessments from with a range of professionals 24/7.



03000 200 317



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