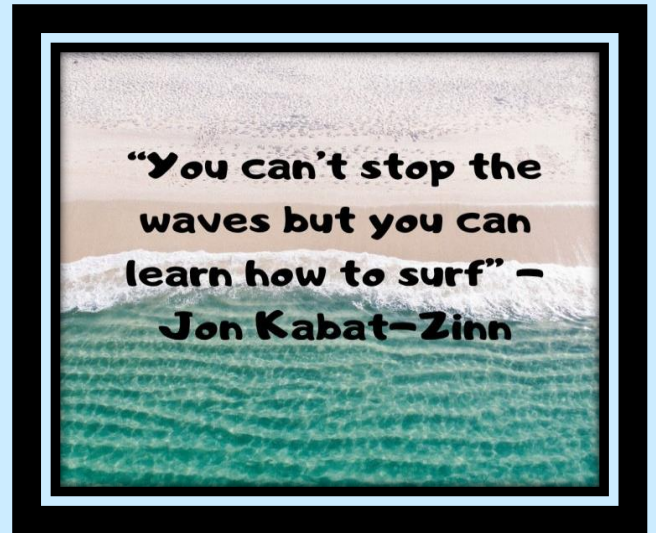


# Mindful Moments

Dear Parents, Staff and Iver Village Community,

It has been wonderful seeing all of our children back in school. They have adapted to the new normal so well! It may well be that your child might be experiencing a variety of feelings in response to the coronavirus pandemic, including: anxiety, distress and low mood. It is important to understand that these are normal responses to an abnormal situation.

Mrs Sarah Chapman-Allen



## Self-care

The Coronavirus is the cause of much anxiety and concern for young people and families. Here are some resources designed to help cope with such stress and uncertainty at this time.

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

The [See, Hear, Respond service](#) has been created to help children and families during Covid-19. You can call them on 0800 1577015 for additional support, advice and information.

[Young Minds' free Parents helpline](#) on 0808 8025544

[Samaritans](#) are also available and have some resources to support you.

If you require help with work, bills, being unemployed, getting food or housing the government has a link for support <https://www.gov.uk/find-coronavirus-support>.

## Supporting our children

The Free BBC Own It Keyboard and App

This app has been designed specifically for children over 8 years old, who may own their own mobile phone. The app comes with a special keyboard. This can be used like any other keyboard, but it also gives helpful tips and friendly advice as you write when you need it, in real-time. Thus helping users make smart choices.

Everything a user types is completely private and never leaves the Own It app on the phone. Need more information about the BBC Own It app? Take a look on the web link below.:

<https://www.bbc.com/ownit/take-control/own-it-app>

