



# MAIDEN SCHOOL

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Dear Parent/Guardian

## Mental Health and Wellbeing Support

During these uncertain times it is important that we all look after our mental health and wellbeing. We have therefore set up a google classroom page for students who would like support and guidance with this. Please do speak with your son/daughter about their wellbeing and encourage them to join the classroom code: **coux2my**.

The classroom aims to provide advice and support from the mental health first aiders on how to support wellbeing; provide direction to external mental health and wellbeing support; and provide a weekly wellbeing house challenge. In addition to this, students within this group will have an opportunity to complete a survey to help structure future mental health support in Wokingham, with the Educational Mental Health Psychologists (EMHP) teams.

Finally, there is currently an online Reading University course (starting on Monday 4 May) that supports all those who are struggling with low mood and depression during the Covid-19 crisis. This has been advertised to students on the wellbeing group as well, but is also open to parents/carers who feel that they also need support on these issues. The link here will provide more information: <https://www.futurelearn.com/courses/low-mood-during-covid-19/1>.

While you will be aware that our pastoral team have been making welfare calls home to provide support to our young people in this difficult time, should you have a concern about your child, please do not hesitate to contact child's tutor so that we can help in seeking the right support, or alternatively you can contact [messafeguarding@maidenerleghtrust.org](mailto:messafeguarding@maidenerleghtrust.org) with your concerns.

Yours sincerely

Miss S Grindey  
Pastoral Leader