

RE: Educational Psychology Service - Telephone helpline for Parents & Carers

Dear Parents and Carers,

Student safety and mental wellbeing is paramount and has been particularly challenging during these unprecedented times. Guru Nanak Sikh Academy continues to strive to support students with a number of services including counselling, drama/play therapy and Children's Wellbeing Practitioner from CAMHS. There is also an onsite Mental Health First aider should there be any urgent concerns. All students from Year 3 to Year 13 have an individual log in to 'toot toot', an online reporting service to students which is linked to members of the safeguarding team and Progress Leaders. If your son or daughter has forgotten their login please encourage them to let their Form Tutor, Progress Leader or Safeguarding team member and we will swiftly reset their password. There have also been a number of links sent out in recent months signposting services and support which can be found on the safeguarding/wellbeing sections of the school's website. These include domestic abuse support services and other relevant information that you may find useful.

Students wellbeing is paramount but it is also important that we acknowledge the strain put on Parents and Carers in these most challenging of times. As the start of another lockdown approaches, we are sending out a reminder about the **free telephone consultation offered by Hillingdon's Educational Psychology Service**.

Hillingdon Educational Psychology Service is providing support for any parent or carer of children, who feels they would benefit from a consultation with a psychologist to support them with any concerns arising at this time, for them or their families. You might want to discuss anxiety, children's emotional needs, bereavement, how to best look after yourself etc.

Do you, as a parent or carer at home with your children feel that you need someone to talk to about how you can cope during this challenging time for families?

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Area of concern you may wish to discuss may include:

- Anxiety around the current situation and its impact on your children and family;
- Supporting you to support your children's emotional needs;
- Concerns about friendships, learning, daily structure and activities;
- The impact of change, loss or bereavement;
- How to best look after yourself so you can look after your children. The concerns can be related to school or family life.

If you would like to access this service, please email:

educationalpsychologyservice@hillingdon.gov.uk with the following information:

- Your name;
- The telephone number you would like to be contacted on;
- The name of your child's school;
- Times and dates you are not available for a consultation;
- A brief description of what you would like to focus on in the

consultation.

Hillingdon will aim to get back to you within two working days to confirm a date and time for your consultation. The consultation service will, as far as possible, be confidential.

Kind regards,

GNSA Safeguarding team