



Leigh Church of England Academy

Aim ever higher

Spotlight on Mental Health and Wellbeing

Following a busy half term as well as Halloween, Bonfire Night and the approach of Christmas, we thought it would be timely to share some resources for supporting children's wellbeing. We are aware that many children can experience overwhelm or anxiety when routines are changed and it is important to support children to 'cope'. There is lots of support available to families beyond school - we have tried to link to some of them here.

CLICK ON THE LOGOS TO TAKE YOU TO THE WEBSITE



Period: 2022 to 2023
Courses for Parents and
those Caring for Children



Rise Courses

Offering a range of free courses including: anxiety, low mood, self harm, school avoidance, sensory needs, self-esteem.

Rise Dimensions of Health and Wellbeing

You answer a range of online questions about yourself or your child and it provides specific information about self-care, local services and support based on your answers.



Coventry Family Health and Lifestyle Service

Health visiting, school nursing, be active be healthy services.

Coventry Positive Parenting

Offering free videos, courses and advice with parenting



Positive Parenting



Leigh Academy Website

Wellbeing Page with links to other sources of help and information as well as what support can be offered at school.

The Still Method

Hints and tips for overcoming anxiety. Their facebook page is regularly updated with quick, easy to follow guides and information. We often put the links onto our own school facebook page.



Together we learn and grow

Philippians 4:13 "I can do all this through him who gives me strength"