

Welcome to the first Abbey School Wellbeing Newsletter. Lockdown #3 is not an ideal way to start to 2021 but by adopting and maintaining healthy behaviours, during this time, we can go some way to ensuring mental and physical wellness. Here you will find articles and links designed to assist you in achieving this goal.

## every mind matters

Having good mental health helps you to relax more, achieve more and enjoy your life. At Every Mind Matters, they have expert advice and practical tips to help you look after your mental health and wellbeing. Why don't you get going by taking their quiz to get your free healthy mind plan!

### Get Your Mind Plan

Answer 5 quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

Try the quiz >



[www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)

## Coronavirus and wellbeing

## Attendance Matters!

*Even online!*

Change is unsettling for everyone and believe me, the thrill of being at home and not having to get up for school every day will eventually wear thin. Routine creates calm and consistency amid chaos. Keep your attendance high and get into good habits early on.



## The impact of viewing harmful content online

Psychology lecturer Dr. Maša Popovac explains some of the different types of harmful content that young people need to know about and how you can help your child to understand the impact of viewing it.

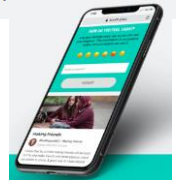
Social media, apps, games and websites present a range of opportunities for positive engagement. But, as your child begins to explore different online environments, they may encounter content that is not age-appropriate.



## Your online mental wellbeing community

Free, safe and anonymous support

[Kooth.com](https://www.kooth.com)



## Supporting families Through grief



Bereavement Support

<https://www.mariecurie.org.uk/help/support/coronavirus/grief-coronavirus>

### School Contacts:

J. Lucas: Deputy Head Pastoral  
N. Cooper: Director of Student Conduct and Welfare

[mfarmer@abbeychoolfaversham.co.uk](mailto:mfarmer@abbeychoolfaversham.co.uk)  
[dshaddick@abbeychoolfaversham.co.uk](mailto:dshaddick@abbeychoolfaversham.co.uk)  
[jdeval@abbeychoolfaversham.co.uk](mailto:jdeval@abbeychoolfaversham.co.uk)  
[cblythe@abbeychoolfaversham.co.uk](mailto:cblythe@abbeychoolfaversham.co.uk)