

Now more than ever, it is vital that we look after not only our physical health, but our mental health also. It is for this reason we would like to share some resources and links with you which may help ensure this area of our well being remains a positive focus. We would also like to welcome Tracey Corbett-Lees to Shenley Academy. Joining us as a Maths teacher, Mrs Corbett-Lees will also have a keen eye on how we support the mental health of our students within the academy and so we look forward to the new approach and wealth of experience she will undoubtedly bring.

Please also bear in mind the various ways Shenley Academy is currently supporting you all remotely. There are links to sources of various support on the academy website and any concerns can also be raised via our 'Sharp System', again, linked on the academy website'.



NHS
Birmingham and Solihull
Mental Health NHS Foundation Trust

BSMHT have been reviewing their current offer for those in crisis and from today an urgent mental health helpline has gone live. People who live in Birmingham and Solihull, whether known to their services or not, can call **0121 262 3555** for [urgent mental health advice](#) and support, 24 hours a day 7 days a week.

YOUNG MINDS
fighting for young people's mental health

Coronavirus and mental health advice for young people and parents. Tips, advice and guidance on where you can get support for your mental health during the coronavirus (COVID-19) pandemic can be found [here](#).

**internet
matters.org**

How can I protect my children?

Children use the internet in different ways depending on their age and so here are some age appropriate [checklists](#) for parents that give top tips on how to help them stay safe.



Department
for Education

DfE coronavirus helpline
Telephone: 0800 046 8687
Email:

DfE.CoronavirusHelpline@education.gov.uk

If you have a query about coronavirus (COVID-19) relating to schools and other educational establishments, and children's social care, in England contact the helpline.

JOE WICKS
THE BODYCOACH



For online PE Workouts visit Joe Wicks, the Body

Coach on YouTube "I started the Body Coach TV with a goal to offer free home workouts to everyone, no matter what their fitness levels. It's taken me a long time to grow it but it now has over 250+ free workouts and reaches millions of people all over the world"