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Headteacher – Mr Simon Thurston



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27 April 2020

Dear Parents,

Re: Taking Care of Our Mental Health

We are so proud of all of our pupils and our amazing staff responding so brilliantly at such a difficult time. We are aware that the children will be finding the social isolation increasingly difficult as the lockdown continues, and this will be a cause of stress and anxiety in the home.

Some of you might know that this year, we had been working with Andrew Wright at Action Your Potential (AYP) to help develop support across the school community for well-being, the management of anxiety and many other aspects of mental health. Andrew delivered training to our staff and we had pupil and parent workshops scheduled in to run during April. Since these have not been able to go ahead, Andrew has made the following resources available from Action Your Potential. These are excellent and I strongly recommend that you look at them.

There's the website at www.actionyourpotentialtoday.com (**password Neocortex123**). The website is packed with lots of information about managing anxiety, well-being and lots of practical tips and advice to really take self-care seriously. Action Your Potential will also be tweeting every day with videos and tips to help manage all of our mental health through these times when normal life is on hold. Follow them at [@ActionPotential](https://twitter.com/ActionPotential) on Twitter or find them on Facebook.

Andrew [has made a video all about how our brain](#) will be responding to all of the uncertainty that's around at the moment and you can find that here. Understanding what is happening in our brain when we're feeling anxious can really help us respond differently. Our brain sees uncertainty and we feel that as anxiety. You can find that video here.

Finally, one of the very practical ways that we can maintain a healthy state of mind is by following what we know as the **12 Rocks Of Well-Being**, self-care is one of the most important processes we need to engage in every day. Even more so when we are experiencing complexity and challenge. On the welcome page of the school website, [there is a link](#) for you to download and print a **12 Rocks poster** so everyone in our community can make sure they are using this daily 'check list' to support their self-care. Our brain builds our mind and if we do the rocks we give our brain the best chance of building the best version of ourselves.

Thank you for all of your wonderful support, wishing every member of our school family the very best and when this is over and normal life returns we are so looking forward to welcoming every one of our pupils back to learn amongst us again.

Many thanks,

Simon Thurston
Headteacher