

Sherburn High School

Helping our Wellbeing: Update 4

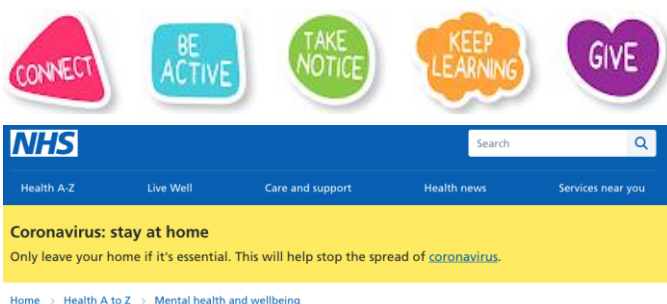


Update 4

Now that we are getting back into the swing of our new learning routines, we want to keep you updated with support available at this challenging time. Remember your wellbeing is our top priority.

[NHS Support](#)

This is a great webpage from the NHS on 5 simple things that will help all of us stay safe during this challenging time.



5 steps to mental wellbeing

[Online Safety](#)

We all know how important it is to protect our young people from online abuse. With our new way of working, this has never been so important.

The government have released the following information to support parents and carers on how to best protect students at this time.

Guidance

Coronavirus (COVID-19): support for parents and carers to keep children safe online

Published 14 April 2020

[Prevent Online Abuse](#)

The following resource for parents and carers offers further advice on how to protect our young people from sexual abuse whilst using the internet.

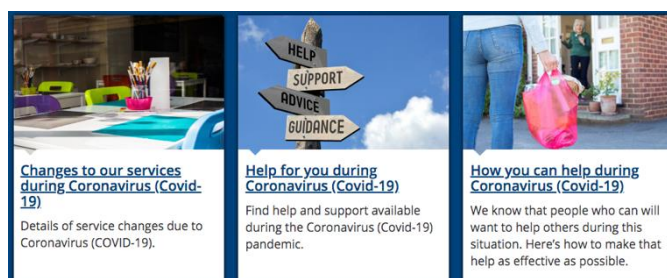
Towards the end of the webpage are a series of links to support parents and carers further with this issue.



[Community Support](#)

North Yorkshire Council have updated their website with information on a whole range of services that have been affected by the current virus outbreak.

They also outline new services that they have made available to support the community.



[Changes to our services during Coronavirus \(Covid-19\)](#)

Details of service changes due to Coronavirus (COVID-19).

[Help for you during Coronavirus \(Covid-19\)](#)

Find help and support available during the Coronavirus (Covid-19) pandemic.

[How you can help during Coronavirus \(Covid-19\)](#)

We know that people who can will want to help others during this situation. Here's how to make that help as effective as possible.