

Sherburn High School

Helping our Wellbeing: Update 5



Update 5

Each day seems to bring new challenges and new information. The following information tries to help you and your families with some of the challenges that you may be facing at this difficult time.

[Prince's Trust](#)

The Prince's Trust has put together a wide range of information and support for young people and parents/carers during this difficult time.

There is a great video explaining the services they have on offer on their homepage, which you can find by clicking the link above.



START SOMETHING



Advice for Key Worker Parents/Guardians

Attached to this week's update is an advice pack for parents/carers that are key workers, and how to support your children during this period of uncertainty.

[Mental Health Awareness Week](#)

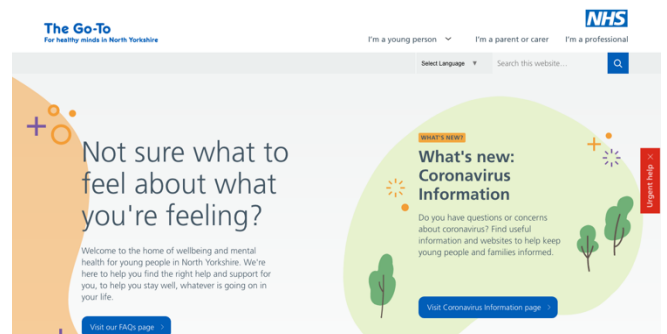
This week is Mental Health Awareness Week. We're sharing the love this week on our Sherburn High School Twitter to show off all their wonderful acts of kindness we do every day to support one another.

Get involved with [#TeamSherburnKindness](#)



[North Yorkshire Support](#)

The "Go-to" website is a great place to find information from North Yorkshire and the NHS to support personal wellbeing. With a wide range of support available, it's worth a look if you have any concerns around wellbeing.



ADVICE FOR KEY WORKER PARENTS

Helping your child adapt to changes due to the Covid-19 pandemic.