



## Mental Health and Well-being

**We understand the importance of prioritising mental health and well-being, especially at this difficult time.**

We understand the importance of prioritising mental health and well-being, especially at this difficult time. So, it is really important that we recognise this, make a conscious effort to focus on self-care, and put helpful strategies in place to lift our moods if needed. To support with this, we have provided some recommended links below where both students and parents can access additional guidance from expert agencies:

**Open Minds**  
For Children and Young People in Calderdale

Emotional and well-being support.

**YOUNGMINDS**

Tips, advice and where you can get support for your mental health during the coronavirus (covid-19) pandemic.



How to stay physically well to improve mental well-being.

**kooth**

A free online counselling and emotional well-being platform for children and young people.

**In addition, in order to establish a healthy routine, why not have your breakfast and then start your day with an online PE lesson with Joe Wicks at 9am?**

Endorphins are created through exercise; they relieve stress, boost happiness and help us to learn better.



Joe has become the Nation's PE teacher and has created daily fun workouts for adults and children alike! You don't need resources to get involved – or a large amount of space!

If you would like any further materials, please **visit our website** where there are further resources available.