

Coronavirus Resources

We are committed to supporting the health and wellbeing of all members of the Rhosnesni High School community. This is particularly crucial during the current Covid crisis.

With the support of local and national organisations we have compiled a series of useful resources for students and parents.

Please click into the links below.

Description	Links
Action for Happiness - a website, full of ideas to help you stay calm, improve mood and become resilient	https://www.actionforhappiness.org/calendars
Anxiety in children and the coronavirus	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/Anxiety-in-children-and-the-Coronavirus.pdf
Supporting Anxiety and Worry linked to Coronavirus	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/Doncaster-EPS_Secondary-aged-Children-Pack.pdf
CAMHS resource pack to support young people's wellbeing and mental health.	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/Resource-pack-for-young-people-school-version.pdf
CAMHS resources pack to support parents/carers	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/06/Resources-pack-for-Parents-school-version.docx.pdf
Young Minds UK's leading charity fighting for children and young people's mental health	https://youngminds.org.uk/
Coronavirus – a book for children about Covid 19, written in simple terms	https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/
ADHD Advice Helpline and information	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/ADHD-ADVICE-LINE-info.pdf
How to look after your mental health using exercise – booklet	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/Exercise-Mental-Health.pdf https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ

<p>Joe Wicks Live PE lessons everyday on YouTube, 9,00am for 30 minutes</p> <p>The Daily Mile— Primary and Secondary Children Fit For Life</p>	https://thedailymile.co.uk/for%E2%80%90schools/
<p>Managing Feelings</p>	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/Managing-Feelings-Brochure.pdf
<p>Support for parents and carers while schools work differently</p> <p>Produced by the Welsh Government, this information sheet provides a wealth of information including useful website helplines and links to information regarding online safety</p>	https://hwb.gov.wales/api/storage/ee28bc11-c0e3-469d-b64a-8d21a3218e97/information-sheet-english.pdf
<p>Stars – bereavement support for children and young people</p>	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/STARS-Bereavement-info.pdf
<p>Advocacy service</p>	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/ADVOCACY.pdf
<p>Tips for looking after yourself during self-isolation</p> <p>Setting goals during isolation</p>	https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/ https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/Setting-values-based-goals-during-self-isolation.pdf
<p>The Anna Freud Centre provides for young people, families and education professionals to minimise the effect that the Coronavirus and isolation has on well-being.</p>	https://www.annafreud.org/coronavirus-support/
<p>Family Activities which include activities to help and support your child and</p>	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/Coronavirus-home-challenge.196264570-1.pdf

<p>families emotional well-being.</p>	<p>https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/Healthy-Family-Challenge-PHW-Bilingual-DOWNLOAD.pdf</p>
<p>Coronavirus social story – Carol Gray Vulnerable children and children with SEND This 'social story' has been written to help communicate coronavirus to autistic children, presenting the information in a literal way.</p>	<p>https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/Pandemics-and-the-Coronavirus.pdf</p>