



20 March 2020

Subject: Staying Mentally Healthy During Self-Isolation

Dear Parents, Carers and Students,

In order to support all students pastorally following the closure of school, we have put together a document with ten proven tips to stay mentally healthy during this period of self-isolation.

Students will be able to access their Form Tutors or Head of Year via email and we will try and respond to any matters as soon as we can. Students from Years 7-11 can also contact Mrs Maxwell (rmaxwe@saintolaves.net) and students from Years 12 and 13 can contact Mr Birtchnell (mbirtchnell@saintolaves.net).

Julie Barry (School Counsellor) will be offering telephone sessions and message services for those students currently accessing her services. These students should make sure that they are regularly accessing their school email for updates. If other students wish to receive this support then they should contact their Head of Year.

In addition to this, there are emotional support lines such as Samaritans (116123), Mind (03001233393) and Young Minds (08088025544).

We hope that everyone in the Olavian community stays both physically and mentally healthy during this period.

Yours faithfully

William Haines
Co-ordinator for Well-being

Rochelle Maxwell
Assistant Head
Designated Safeguarding Lead

Matthew Birtchnell
Director of Sixth Form