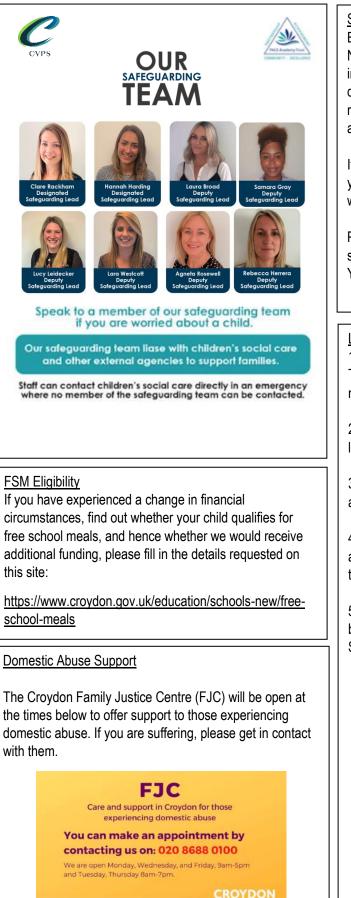


## Chipstead Valley Primary School Safeguarding Newsletter- Autumn 2



## Seeking Help

Being a parent can be challenging in everyday situations. Now, more than ever, taking care of your mental health is important. With the second lockdown in place, things are different again for everyone. If you're struggling, it's okay to reach out for support from friends and families. There are also plenty of organisations that are here to help.

If you need support, at Chipstead Valley, we are here for you and can often point you in the right direction of a service who can help you out.

Please do not hesitate to contact Miss Harding or any of the safeguarding team if you need support or advice. You can email at: hharding4.306@lgflmail.org

## Lockdown Part 2 Words of Advice

1) You got through it once, you can get through it again. Take each day as it comes and focus on the positives- no matter how small they might be.

2) Look out for others- that one phone call to check in on a loved one might just make their day.

3) Remember this is temporary- there will be an end although it may not seem like it.

4) Be kind- other people may be struggling during this time and those small acts of kindness may help someone else through it.

5) Seek help- if you are struggling talk to someone. It could be a friend, family member, school or a service e.g. The Samaritans.

## WE ARE NOT ALL IN The same boat

BUT WE ARE ALL IN THE SAME STORM



SUPPORT EACHOTHER #Dontjudge #bekind