



1st April 21'

Re: Mental Health and Wellbeing

Dear Park Lane Family,

COVID restrictions have had a significant impact on the mental health and wellbeing of young people across the country. Some are struggling to come to terms with the changes in their home lives and the long period of separation from their peers and loved ones. At Park Lane, we have seen the effect this difficult year has had on our children, and are currently witnessing higher levels of anxiety and worry amongst them.

Children who suffer with anxiety and uncertainty can behave in out of character ways that can be negative and unkind, in an attempt to manage their feelings. The behaviours come in many forms: they try to draw attention to themselves, even in negative ways, as a way to ask for help; they can be unkind to others to try to make them feel better about themselves; or be aggressive or violent to express their feelings of not being able to control what is happening. Given the extreme circumstances in which we have all had to live, it is hardly surprising that children have struggled to come to terms with the extreme measures that have been implemented and the impact it is having on their lives.

Our Park Lane Griffins, in common with many children across the land, have been challenging with their behaviour since returning from lockdown, as anticipated, and we are aware that this is a cause for concern for parents. We are in the process of implementing our Relationship Policy in the most appropriate way, being mindful of the additional needs that many of our children have currently.

We are in the process of reviewing our Anti-Bullying Policy and are making some changes to help us foster a culture in school where bullying behaviour is not accepted by our community as well as to help us manage any incidents that occur. The policy will be available on the Park Lane website when finished and will be accessible on the Park Lane website. We will be reinforcing the ethos of the Policy to all within school, through PSHE and a variety of other both formal and informal ways. We are conscious of managing incidents of bullying effectively and swiftly and are mindful of monitoring when negative behaviour becomes bullying. To be clear, bullying is generally defined as behaviour that is repeated; intended to hurt someone either emotionally or physically; and often aimed at certain groups because of a perceived difference. Not every 'fall out' is due to a bullying incident.

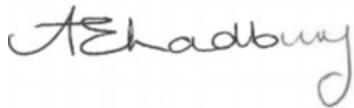
We cannot expect our Griffins to go through the extreme measures we've been subjected to without an impact on their mental health. Even many adults are struggling. I implore you, therefore, to be kind and patient with each other and with the children of Park Lane. Rest assured that staff are well equipped to deal with this and we are especially fortunate at this school to have a dedicated nurture team to help our children through this crisis. Posts on social media are extremely unhelpful and unkind and can inflame situations. If you are

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worried about anything with regards to your child in school, please speak to the class teacher, in the first instance. You can do this by booking in a zoom appointment through our Seesaw platform. We would really appreciate your support and understanding in this matter. Negativity detracts from our mission in life; to serve the children of Park Lane with kindness, compassion and absolute belief that every child matters.

Yours sincerely,



A Ladbury
Head of School

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