

Year 10 Notices (SMSC)**This Week...**

Twitter is now up & running;

Eccoclassof2021

Please follow us and share with us your work, your hobbies and generally how you're doing! Share your heroes, thanks, fun things getting you through.



Confused? stressed?

Emotional? Just not feeling yourself? Kooth.com is free & confidential to help with a huge array of problems if you have any worries & don't feel you can turn to anyone please contact Kooth.

Mental health matters!

Mental health support

BBC Bitesize

[Nine coronavirus worries and how to deal with them](#)

NHS

[Every Mind Matters](#)

GOV.UK

[Guidance for the public on the mental health and wellbeing aspects of coronavirus \(COVID-19\)](#)

Young Minds - National Mental Health service for Young people/ adults.

Young Minds also offer a Parents Helpline: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines).

<https://youngminds.org.uk/>

Mind

<https://www.mind.org.uk/>

Mental Health Foundation

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Keep On Learning:

Year 10 please make contact with your class teachers or myself or Mrs B Foster if things are difficult, we are here to help! Simply not completing any school work will not help in the long run – and avoiding emails/work set will cause you to have more to do when you return. Come on guys get submitting work, communicate with staff and be honest we are here to help!