

Kelso High School

Firstly I would like to say that I hope you are all safe and well. I know you are all worried about what's happening with the schools starting back again in August. I know I am very worried about how it's all going to work and how on earth are we going to be able to keep our children safe and well if we send them back out into the world again, especially if there is still a risk of infection. Not only our children but the school staff and their families. I for one would like to know how everyone is feeling about it all. I would like to ask everyone if they have anything in particular they are worried about? I have a very long list of worries and questions that is keeping me up at night.

Please get in touch through the Parent Council email address if you have concerns or questions you would like to discuss or if you have any ideas about how we can make the transition back to school easier and safer for your children. If you think something would help an individual it may just help all of us. Let's all be willing to help each other, let's share ideas of how we can make it through without shattering our mental health.

If any of our current families would like to get in touch regarding helpful tips about starting S1 as a new parent or new pupil. It has been suggested that we make up some sort of helpful tips of things we would have liked to have known before starting. Maybe something as simple as not knowing what colour of tie the S1 wear red or black (it is red!). You know the daft questions that we think jeez I can't ask that, I will look so silly for not knowing but wish we had somewhere to go and get the answers. This will really help new families get ready for starting in August. Please get in touch through the Parent Council email with any information you think will be of any help to someone.

I am not sure how everyone is getting through the days, weeks, months within the lockdown. I know I have struggled with so much whether it's been watching too much of the news coverage, not being able to see family members, not knowing when this will end, some days my head really does feel like mush. Then I have good days when I feel like I can handle more of this and I feel great about spending so much time with my children. At the start of lockdown I was very lucky to have found a charity called Parent Space on Facebook. They would normally meet up face to face with families but since lockdown they have been doing everything online. They started doing Zoom Cuppa Chat meetups on a Tuesday at 2pm then on a Thursday 8pm. I wrote a little blog about them on my Facebook page that I thought I would share with you:

"Just wanted to say thank you to all of the wonderful people who are involved with Parent Space and the Group Safe Place with Parent Space. I came across this amazing charity at the start of lockdown which to be honest I believe someone was watching over me and gave me a gentle nudge in the right direction when I clicked like and join group. This has been my saviour the past few weeks now months, I remember being nervous about joining my first Zoom chat, not knowing who was going to be on the other end, never having used Zoom before I made myself a very large gin adjusted my crown and clicked join, I've never felt so welcome, at ease, non judged before with complete strangers in my life. I have spoke about my mental health issues, my children, my relationship and my life. I have told them how I have been feeling the good the bad and the bloody ugly. And not once have I felt judged felt embarrassed felt I did something wrong. I felt listened to, understood, loved and have been given some of the best advice in my life. If I can give any advice to anyone out there wither you need advice need some time away from the kids, need a really good bloody laugh, need somewhere to cry, need somewhere to scream, need somewhere to just feel listened to please join this group, please get in touch. Don't sit at home wishing you had. Don't sit at home struggling. Don't sit at home needing a friend to talk to. These people are there wanting to help in any way they can. These people are amazing 🤗🥰❤️💙💚💛💜 THANKYOU for all you have done for me xxxx"

www.parentspace.org.uk

Please get in touch with this charity if it sounds like something that you would benefit from or share with someone you think may benefit from it. Let's all start helping each other anyway we can.

If anyone would like to share any tips on how they have been managing /coping through lockdown please feel free to share with us, it may help someone else.

Thank you for taking the time to read our newsletter and do not hesitate to get in touch via our Parent Council Email.

Gemma O'Brien (Chairperson)



Important Announcement

New KHS Parent Council Email Address!!

KHSParentCouncil@scotborders.gov.uk

**Feel free to get in touch,
we would love to hear from you!**



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Having issues with iPads?

Please follow the below instructions to report any issues with your youngsters iPad whilst school is closed:

Inspire Home Learning
How do staff and students get help when at home



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Virtual Parent Council Meeting

To allow all our parents/carers an opportunity to attend our next Parent Council Meeting we are planning on hosting our meeting via Zoom.

The meeting will take place on **Tuesday 16th June @ 7pm**

Please can I ask that you use the Parent Council email address to send in any questions prior to the meeting and we will do our very best to answer as many as we can.

Option to log into Zoom either through their app or web browser:

Meeting ID: 81036914105

Password: 786762

<https://us02web.zoom.us/j/81036914105?pwd=Sk9yYUp2dmUyNFZrbIBnWGirc3pBQT09>



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Stepping Stones Emotional Wellbeing & Mental Health Service

Stepping Stones is an emotional wellbeing and mental health service for children and young people aged 8 to 25 years in the Cheviot area. Provided by Cheviot Youth, the programme offers emotional wellbeing support, group work, counselling, CBT and 1to1 sessions for those with diagnosed or suspected mental ill health or who may benefit from emotional support. This service also extends to parents and carers of young people as we very much recognise the wider impact emotional wellbeing and mental health difficulties can have.

The team of six practitioners come from a range of backgrounds and experience from youth work, counselling, mental health and additional needs and work collaboratively with Scottish Borders Council, the NHS and other services both in the community and within local schools.

We work with a wide range of difficulties from general anxiety, disruptive behaviour and exam stress to self-harm, eating disorders and suicidality. Referrals can be made by anyone including young people themselves, and we are happy to work with people who may also be engaging with other services.

During these difficult and unprecedented times, we continue to provide support at the Broomlands Hub as well as over the phone and via video call. Our service is free to use and we can provide tablets to enable access to video sessions for those who may not have their own device.

To make a referral, find out more information or arrange a confidential chat, please contact us online at www.cheviotyouth.org/stepping-stones, via email to steppingstones@cheviotyouth.co.uk or on 07958 277 766.

Ross Irvine

Stepping Stones Lead Practitioner

Cheviot Youth. Charity No. SC034865



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HELPFUL LINKS

Here are some useful links for all:-

- [Coronavirus \(COVID-19\) information specifically for children](#)
- [ES- Mental Wellbeing Wakelet](#)
- [Breathing Space](#) : Helpline 0800 83 85 87

Here are some useful links for young people:-

- [Reach: My Learning and Support during Coronavirus](#)
- Young minds - 24/7 text support - Text YM to 85258
- Mind for better Mental Health Helpline 0300 123 3393
- [Young Scot Covid 19](#)
- [Childline](#)

Here are some useful links for parents:-

- [NHS Inform](#)
- [Parentclub](#)
- [Parenting Across Scotland - Info for Parents/Carers](#)
- [Free online resources for learning at home \(includes ASN\)](#)
- NSPCC – Helpline 0808 800 5000
- Young Minds Helpline for Parents 0808 802 5544
- [Scottish Attachment in Action](#)

And finally more helpful documents:-

[CEOP - Online Safety at Home.pdf](#)

[Health Wellbeing Briefing - Parents & Carers.pdf](#)

Parent Council Survey

We need your help! Please take a few minutes to complete our 2nd online survey by following the link below:

https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKUDtxAkyM7FMo_E59fAJX6tUOTkxVDIJODdNR0pCNFplRFVKUIJSWU9QOC4u



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