

Dear Year 12 students,

### **Welcome back to school!**

We recognise and acknowledge that the last school year was a challenging time for you and that you may feel that not having had the opportunity to sit your exams, has impacted on your results. We hope you are now feeling secure in the options available to you and that you are confident in being able to continue with your learning now you are back in school.

There are many adults available to give you support and guidance during this time. Your parents/ carers and school staff will want to listen to your concerns and guide you through your educational options. We hope you feel able to have those discussions and get the support you feel you require to continue your learning.

Beyond your learning, it is important that you are kind to yourself, can share your feelings and access support that is available. Your school health nurse is available to you, to provide an opportunity to discuss your feelings in a non-judgemental environment. School health nurses are experts at listening and understanding the needs of young people. Please be reassured that this is a confidential service and school health nurses would only ever share information about you with your consent, or if there were safeguarding concerns for you or other people.

School health nurses can help you with any health or relationship concern you may have and recognise that looking after yourself during the lockdown period may have been a difficult thing for you. Please do not hesitate to make contact, my details below:

Sarah Elsley

#### **How to contact SHN**

Mobile: 07824461634

Email: sarah.elsley@oxfordhealth.nhs.uk

#### **Student Guide to post-16 Results**

<https://www.tes.com/news/gcses-2020-guide-support-disappointed-pupils>

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/911286/6671\\_Student\\_guide\\_to\\_post-16\\_qualifications\\_results\\_-\\_summer\\_2020.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/911286/6671_Student_guide_to_post-16_qualifications_results_-_summer_2020.pdf)

**Young minds** -Committed to improving children's wellbeing and mental health. Discover information, advice & support for **young** people affected by mental health. Empowering **Young** People. Leading **UK** Charity. Improving Mental Health. Training Professionals. Supporting Parents

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

#### **Child and Adolescent Mental Health Services (CAMHS)**

Oxfordshire CAMHS offers a single point of access for students and parents/carers, who have concerns around mental health.

Single Point of Access (SPA): **01865 902515**

#### **NSCPP – Supporting Mental Health**

<https://learning.nspcc.org.uk/news/2020/april/supporting-children-young-people-mental-health>

**School Health Nurses** - [www.oxfordhealth.nhs.uk/school-health-nurses/](http://www.oxfordhealth.nhs.uk/school-health-nurses/)

**Facebook:** <https://www.facebook.com/oxNHSschoolnurses/>