

Coronavirus' impact on children's mental health

The pandemic and subsequent lockdowns may impact on children's mental health in many different ways.

Children may be experiencing increased anxiety, behavioural problems, or increased conflict at home. The disruption to a routine may be stressful for children, and they may be bored, lonely or confused.

Children with existing mental health conditions may find that they are exacerbated by the lockdown. [New research from NHS Digital](#) found that 54% of children with a mental disorder said that lockdown had made their life worse. Parents of children with a mental disorder also reported that their child was more likely to be worried about catching Covid-19, or their family or friends catching it.

“A mentally healthy school is one that adopts a whole-school approach to mental health and wellbeing. It is a school that helps children flourish, learn and succeed by providing opportunities for them, and the adults around them, to develop the strengths and coping skills that underpin resilience. A mentally healthy school sees positive mental health and wellbeing as fundamental to its values, mission and culture. It is a school where child, staff and parent/carer mental health and wellbeing is seen as ‘everybody’s business’.”

Please have a look at <https://www.mentallyhealthyschools.org.uk/> for further information.

As part of our Post-COVID Recovery planning we have ensured all policies and practice focus on pupil, family and staff well-being, and an understanding of the potential impact on members of our school community. Please contact the school if you have any concerns which you would like to discuss.