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Head Teacher: Mrs D Cross

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Dear Parent/Carer

25th January 2021

Re: Emotional Support during Lockdown

These are extremely difficult times emotionally for all of us and particularly for our children. Below are some agencies and websites you could visit for advice, support and ideas to use with your child to ensure their emotional well-being and mental health.

MindEd - a free educational resource from Health Education England on children and young people's mental health.

Rise Above is a website co-created and produced by young people.

Every Mind Matters includes an online tool and email journey which aims to support everyone to feel more confident in taking action to look after their mental health and wellbeing.

Barnardo's **See, Hear, Respond** programme, focusing on finding and reaching out to vulnerable children around the country who are experiencing negative impacts on their health and wellbeing, as well as those at risk of harm; and are not being seen by statutory agencies.

Bereavement UK and the **Childhood Bereavement Network** provide information and resources to support bereaved pupils, schools and staff.

I know it is sometimes difficult to reach out to strangers so please remember that Mrs Howes (Thrive Practitioner) is available to support children and their families – just contact either Mrs Howes direct, myself or the school office if we can help in any way.

Yours sincerely

Mrs Cross

Mrs D Cross

Head Teacher

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