



20th April 2020

Dear Parents/Carers,

We hope that you have had a good Easter and managed to recuperate from the challenges we have been facing, not only with regards to school closures but with the national situation as a whole. The unusually warm weather has been a very welcome surprise and we hope that this has helped ease the trials faced from the lockdown by enabling you to spend time in your gardens or take exercise around your local area. Whatever you have been able to do over the past two weeks, we hope that you and those who are closest to you are healthy, safe and well.

As you will have seen from last Thursday's official government briefing, the coronavirus lockdown will continue for at least another three weeks, until 7th May when it will be reviewed. This announcement brings some relief to those working in the education sector, as there has been a media frenzy surrounding schools' reopening over the last week or so. This kind of speculation can be quite damaging to the efforts schools are making, and it demonstrates a lack of understanding of the school context and how it differs from others. The truth is, no one can say for how long the lockdown will need to last, and indeed how long schools will need to remain closed. For the foreseeable future at least, things will stay as they have been and the government will only signal for schools to reopen when the scientific evidence is clear that it is safe to do so. Safe for pupils, safe for staff and safe for parents.

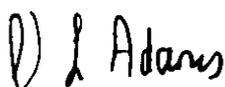
Today would have traditionally been the start of the summer term and we have missed welcoming the children back to school as we normally would have done. We know that they are missing their friends and regular social interactions and our hope is that by staying connected through class emails and through Twitter, this goes some way to reassuring them that they can connect and that we are really enjoying seeing what they are doing with regards to their home learning. We hope they know that we very much miss them too!

After some recuperation themselves, the teachers are very much looking forward to opening their emails this morning and seeing what their classes have been up to over Easter. As was the case previously, they will continue to set daily tasks which will be emailed to you every morning via ParentPay. They will also continue to respond to any feedback or queries you may have via their own class emails. Also, please send any pictures of work you have undertaken, if you are able to do so, directly to the teachers. They will then be able to share these with the community on Twitter! You are all doing such an amazing job with this, which we know is challenging given the circumstances and because many of you will be having to work from home yourselves. Please be assured though that we will do all we can to help ease any burdens this may cause for you and the children. In addition to this, to support mental and emotional wellbeing in this crisis, we thought it useful to provide some guidance for you from the NHS below. We hope that you find this helpful.

Finally, we would once again like to thank those families who are frontline staff conducting important roles in order to keep our country running and keep our country's citizens safe. We applaud you and send our sincerest thanks and appreciation for everything you are doing.

Look after yourselves and stay safe!

Kind regards,



Mr D Adams
Head Teacher



MENTAL AND EMOTIONAL WELLBEING

The coronavirus (COVID-19) outbreak means that life is changing for all of us for a while. It may cause you to feel anxious, stressed, worried, sad, bored, lonely or frustrated. It's important to remember it is OK to feel this way and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these difficult feelings will pass.

There are some simple things you can do to help you take care of your mental health and wellbeing during times of uncertainty. Doing so will help you think clearly, and make sure you are able to look after yourself and those you care about.

Our wonderful NHS have some ways you can help improve your mental health and wellbeing if you are worried or anxious about the coronavirus outbreak. For specific tips and advice while staying at home, read their advice on [maintaining your mental wellbeing while staying at home](https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/) <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>. It is also important to follow the latest [official guidance on staying at home and away from others](https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others) to keep everyone safe <https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>.

STAY CONNECTED WITH PEOPLE

Maintaining healthy relationships with people we trust is important for our mental wellbeing, so think about how you can stay in touch with friends and family while needing to stay at home. You could try phone calls, video calls or social media instead of meeting in person – whether it's with people you normally see often or connecting with old friends.

TALK ABOUT YOUR WORRIES

It's normal to feel a bit worried, scared or helpless about the current situation. Remember: it is OK to share your concerns with others you trust – and doing so may help them too. If you cannot speak to someone you know or if doing so has not helped, there are plenty of helplines you can try instead:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

SUPPORT AND HELP OTHERS

Helping someone else can benefit you as well as them, so try to be a little more understanding of other people's concerns, worries or behaviours at this time. Try to think of things you can do to help those around you. Is there a friend or family member nearby you could message? Are there any community groups you could join to support others locally? Remember, it is important to do this in line with official coronavirus guidance to keep everyone safe.

<https://www.nhs.uk/oneyou/every-mind-matters/helping-others/>

LOOK AFTER YOUR BODY

Our physical health has a big impact on how we feel. At times like these, it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse. Try to eat healthy, well-balanced meals, drink enough water and exercise regularly. Avoid smoking or drugs, and try not to drink too much alcohol. You can leave your house, alone or with members of your household, for 1 form of exercise a day – like a walk, run or bike ride. But make sure you keep a safe 2-metre distance from others.

STICK TO THE FACTS!

Find a credible source you can trust – such as [GOV.UK](https://www.gov.uk) or the [NHS website](https://www.nhs.uk) – and fact-check information you get from newsfeeds, social media or other people. Think about how possibly inaccurate information could affect others too. Try not to share information without fact-checking against credible sources. You might also want to consider limiting the time you spend watching, reading or listening to coverage of the outbreak, including on social media, and think about turning off breaking-news alerts on your phone. You could set yourself a specific time to read updates or limit yourself to a couple of checks a day.

STAY ON TOP OF DIFFICULT FEELINGS

Concern about the coronavirus outbreak is perfectly normal. However, some people may experience intense anxiety that can affect their daily life. Try to focus on the things you can control, such as your behaviour, who you speak to, and where and how often you get information. It's fine to acknowledge that some things are outside of your control, but if constant thoughts about coronavirus are making you feel anxious or overwhelmed, try some [ideas to help manage your anxiety](#) or listening to an audio guide.

<https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>

LOOK AFTER YOUR SLEEP

Good-quality sleep makes a big difference to how we feel mentally and physically, so it is important to get enough. Try to maintain regular sleeping patterns and keep up good sleep hygiene practices – like avoiding screens before bed, cutting back on caffeine and creating a restful environment.

FOCUS ON THE PRESENT

Focusing on the present, rather than worrying about the future, can help with difficult emotions and improve our wellbeing. [Relaxation techniques](#) can also help some people deal with feelings of anxiety.

FURTHER SUPPORT AND ADVICE

Much of the advice here are things you will do anyway, however it is not uncommon to experience feelings of anxiety, especially in these uncertain times. There are plenty of things you can do and places to get more help and support if you are struggling with your mental health. The NHS pages on [stress](#), [anxiety](#), [sleep](#) and [low mood](#) have lots more tips and specific advice.

If you are a parent or caregiver for a child or young person, Young Minds has guidance on [talking to your child about coronavirus](#).

The [NHS mental health and wellbeing advice](#) pages also have a self-assessment, as well as audio guides and other tools you can use while staying at home.

They also have [guidance and information to help others](#) if someone you know is struggling with their mental health.

Remember, it is quite common to experience short-lived physical symptoms when you are low or anxious. Some of these, like feeling hot or short of breath, could be confused with symptoms of coronavirus.

If this happens, try to distract yourself. When you feel less anxious, see if you still have the ~~symptoms that worried you~~. ~~If you are still concerned, visit the NHS website.~~