



18<sup>th</sup> March 2020

Dear Parent/Carers,

Following on from my letter yesterday, I would like to reassure you again that we are following daily government advice.

As a Trust the health and wellbeing of both our staff and pupils is our highest priority. We would ask you to consider any health conditions which your child(ren) may have which could place them in one of the higher risk groups. This group includes:-

- Chronic (long-term) respiratory diseases, such as asthma
- Chronic heart disease, such as heart failure
- Chronic kidney disease
- Chronic liver disease such as hepatitis
- Chronic neurological conditions, such as cerebral palsy
- Diabetes
- Spleen problems, such as sickle cell
- A weakened immune system, for example due to medicines like steroids or due to chemotherapy treatment

Further information can be obtained from the Government website.

If you decide they should not be in school please contact the school office to report your child's absence following the usual procedures.

Please note that if your child has a cough and/or temperature over 37.8° they should not be in school and any siblings should also remain at home for the 14 days self-isolation period. If anyone in your household has any of these symptoms your child should remain at home as the latest guidance states whole household should self-isolate for 14 days.

As previously mentioned within school we have increased hand washing and general hygiene. We have carried out a risk assessment of activities taking place in school to reduce large group contact and all areas are cleaned to the highest possible standards.

We appreciate your co-operation at this difficult and stressful time.

Yours sincerely



Melanie Priestley  
Chief Executive Officer



## Support for children, young people and school staff during Coronavirus

Dear parents/carers,

The following information is available for you to share with your child/children if you wish to do so. Please check the content of each resource to ensure that you are happy to share this with your child.

### **With children:**

Coronavirus for young children – booklet produced by Manuela Molina

<https://www.mindheart.co/descargables>

A message from the author

*Dear families and educator all over the world,*

*I have created this short book to support and reassure our children, under the age of 7, regarding the COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation. It is important to point out that this resource does not seek to be a source of scientific information, but rather a tool based on fantasy. My recommendation is to print this material so children can draw on it. Remember that emotions are processed through repetitive play and stories read multiple times. Share COVIBOOK and help ease kiddo's anxiety all over the world.*

Video, useful for Y3 – Y7

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

### **Talking to children:**

Some useful information about what to say to children re Covid-19 from Norway, can be adapted

<https://krisepsykologi.no/what-can-we-say-to-children-about-coronavirus/>

Advice for adults talking to children about coronavirus from the British Psychological Society

<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>

### **Well-being:**

BBC mental wellbeing article, Coronavirus: How to protect your mental health

<https://www.bbc.co.uk/news/health-51873799>

Mind guidance Managing our Mental Health and Staying Well during Virus outbreak

<https://www.mind.org.hk/wp-content/uploads/2020/02/ResponseCoronavirusENG6.2.2020-.pdf>

Blog post from Educational Psychology insight around self-care

<https://www.epinsight.com/post/managing-stress-self-care-during-the-coronavirus-crisis>

## Advice for parents

### Helping children manage in unsettling times

The Coronavirus outbreak has led to a high degree of worry, uncertainty and concern. The issue has been very present in the news, and all adults and children will have some degree of awareness of events so far, and may have had their lives disrupted.

During these times both children and adults can potentially feel anxious and unsure about their safety. Alongside school, parents can help provide opportunities where feelings can be discussed within a safe context, as well as maintaining a sense of normality, routine and calm. Supporting children will enable them to process and manage their feelings and build resilience.

The following suggestions may be helpful:

1. **Reassure children that they are safe:** Children will need to be reassured regularly they are safe, and that adults will faithfully try to keep them safe.
2. **Let children know that it is alright to be upset:** Tell children all feelings are ok, but it is important to still behave in a polite and respectful way to others.
3. **Maintain a normal routine:** Set up a work/leisure/exercise routine for students at home. Make extra time to listen to what your children need to tell you.
4. **Place an emphasis on resilience and strengths:** Focus on the child's skills, in terms of their daily life. Help them see they have many strengths to help them cope if feeling anxious or upset.
5. **Look for opportunities to help others:** Acts of benevolence, charity and humanity help to restore positivity about the world.
6. **Provide opportunities for children to be honest about their feelings:** Sharing worries or feelings of upset with other family members reduces a sense of vulnerability and isolation, raises optimism and self-esteem. Checking in with your children to see if they have any worries can help them start these conversations.
7. **Provide opportunities for physical exercise:** Exercise is valuable in developing natural chemicals in the brain to help us cope with feelings such as shock and worry.
8. **Communicate any concerns with school:** If you have any worries or concerns about your child's emotional behaviour please do let the school know.
9. **Look after yourself:** A time of stress can mean less energy and more potential for illness for you, as well as others. So please take care of yourself.

# School is closed

School is closed because of the Coronavirus.

Coronavirus can pass from one person to another.

Coronavirus can pass more in big groups.

It is best to NOT be in a big group.

We have big groups at school.

So school is closed.

I will stay home for many days.

My family and my teachers want me to be safe.

When it is safe, I can be in big groups again.

When it is safe, school will be open again.