

Tuesday 21st April 2020

Dear Parents and Carers,

Welcome to our very first remote summer term! I hope you are all safe and well and that you managed to enjoy the Easter break. We've all had to adapt to new ways of working and I would like to take the opportunity to again thank you for supporting your child's wellbeing and learning at home – you are doing an amazing job!

During this difficult time I wanted to reach out to let you know that, even though our school remains closed we are still here to support your child and your family in whatever way we can. We miss the children very much, but must follow the government's guidance to keep everyone in our community safe.

These are challenging times for us all and we are aware that you may be noticing signs of increasing anxiety in your child as they are spending more time indoors and outside of their normal routines. These might include:

- Regressing to behaviour they've outgrown, such as thumb-sucking or bed-wetting
- Showing greater fear at being separated from you
- Tantrums
- Trouble sleeping
- Expressing sadness, anger or fear
- Sharing false information that they're hearing from their peers or seeing online
- Wanting to talk about coronavirus all the time
- Not wanting to talk about the current situation at all
- Having trouble concentrating
- Acting out – this might include things like picking fights with you or with siblings
- Becoming afraid to leave the house
- Distancing themselves from their friends and family
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Attached to this letter is an information sheet which provides advice and resources which may help you to support your child at home. If you have any concerns about how your child is coping or you need any other support from the school, please do let us know.

We are extremely grateful for all the support you have shown us as we have adapted to these new circumstances and we want to reassure you that we are still here to support you too.

Please be assured that we will continue doing our utmost to keep your child learning and our school community connected.

We can and will get through this together.

Yours sincerely,

N Rezai

Natasha Rezai
Headteacher