



Winterton Community Academy

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Ref:O/KRParLet/SupportAIB/JSN

31st March 2020

Dear Parents / Carers,

COVID – 19

During these uncertain times, I would like to take the opportunity to remind you that the school continues to support you and your child needs.

We understand that school provides stability and structure and that your child may be finding it difficult to adjust to their new routine or struggling to understand the current situation that we all find ourselves in.

The information aims to guide you in supporting your child who may be struggling with anxieties related to the Coronavirus. This content includes talking and understanding feelings and worries, ways to create and maintain structure along with helping to give your child a sense of control in an environment filled with a lot of uncertainty.

- **NSPCC** - Read the information and advice: Talking to a child worried about coronavirus (COVID-19)

https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/?utm_source=Adestra&utm_medium=email&utm_content=Talking%20to%20a%20child%20worried%20about%20coronavirus%20%28COVID-19%29&utm_campaign=CASPAR-2019-03-30

- **Anna Freud- National center for children and families** - Self-care is about the things we can do to look after our own mental health

<https://www.annafreud.org/on-my-mind/self-care/>

- **Place2b** - Coronavirus: Helpful information to answer questions from children

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

- **Young Minds** - Communicating with your child

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

- **Mind** - Talking about your wellbeing

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse842d2>

- **Childline** - Calm zone- Activities to help children feel calm in a period of disruption

<https://www.childline.org.uk/toolbox/calm-zone/>

Please remember that as a school, we will endeavor to support you and your child and will continue to keep in regular contact.

Kind regards,

Alison Burman
Inclusion and Safeguarding Officer