

Dear Parents and Carers,

We are now approaching week 12 of being significantly affected by Covid-19 (Corona) virus. As a school we are committed to ensuring that your child/children are happy, healthy and safe. Over the course of the lockdown, our staff have been fully committed to providing your child/children with online learning as well as offering you advice and support regarding mental health and wellbeing and E-safety.

I feel that it is now important to write to you with the aim of checking in to see how you are.

Lockdown for many families has led to a change to our usual routines, increased stress and anxiety, and an increase in the amount of time that we are spending indoors with each other. We are also unable to spend times with our loved ones as and when we may wish to. Evidence tells us that during such periods, mental health and wellbeing can be greatly affected. I am sure that we all from time to time have general feelings of worry and anxiety of being unable to cope in an uncertain world, after all we have never experienced a situation like the one that we are all currently living. We also realise that for many families there will be added strain with financial worries.

Taking all this into account, I have included at the end of this update links to available support services. I would also like to encourage you to contact your child's class teacher or myself should you wish to discuss any of the above issues, especially if you feel that these issues could, or are impacting on your child's/children's wellbeing.

I know that Mrs Richardson, our SENDCo, has been in touch with parents/carers of children who may have some additional needs. She has been working hard to ensure that all children continue to have access to the support they need, completing referrals, securing EHC plans as well as liaising with external agencies. Mrs Richardson is also currently working on a transition plan in preparation for September and I know she will be sharing details of this with you all in due course.

I am proud of every one of our pupils and our staff but I am also proud of our community of parents and carers. So please do not hesitate to contact me or your child's class teacher for support.

Best Wishes

Mrs Ridge

Useful Websites

Rotherhive <http://rotherhive.co.uk/urgent-support/>

Rotherhive is a new mental health and wellbeing platform. Rotherhive platform provides a range of verified practical health and wellbeing information, support and advice for people in Rotherham. This includes a crisis phone helpline, a text helpline, access to the Samaritans and Psychological Therapies. There is also information regarding accessing foodbanks.

There is also a dedicated children and young persons section with access to Childline and My Mind Matters.

<http://www.rotherham.nhs.uk/health/mental/Domestic-abuse.htm>

A list of services and support if you are experiencing domestic abuse and would like advice, information or just someone to listen.