

Dear Parents and Carers,

I do hope you are having a happy Easter holiday. I am sure that it is very different from previous Easter holidays, but I hope you are finding some joy. Sorry for intruding on your holiday and it is possible that like me, you are feeling inundated with advice from a range of sources, however I feel that these resources are well worth taking a look at. The focus is on maintaining your child's mental health in such challenging times, clearly this is vital and some of these resources will help you talk to your child and help your child talk to you about how they are feeling.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak#helping-children-and-young-people-cope-with-stress>

This website has some interesting resources: <https://www.camhs-resources.co.uk/coronavirus>

These two books are useful; the Axel Scheffler book is probably more suited to older children.

<https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus-ABookForChildren.pdf>

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

Do take a look, they might prove useful. I hope you and your families continue to be well and that you are able to enjoy the sunshine.

best wishes,

Mrs Sherwood