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Dear Parent/Carers

During this period of School closure, I would like to make you aware of the wellbeing support available for you and your child at this time.

You might be noticing changes in your child's behaviour, increased levels of stress, anxiety, and self-esteem. You may also find your child having trouble communicating, distancing themselves from family and friends, or wanting to talk more about the coronavirus and its impact.

I have attached a document: 'Parental Pointers for Supporting Your Child's Wellbeing', which contains useful links to help you support your child through this time. I hope you find this information helpful. A student pointer sheet will follow shortly.

I would also recommend use of the website www.mind.org - for support with: 'Get Active and Feel Good' - a resource aimed to reduce stress and anxiety as well as 'How to Talk to My Teen About Coronavirus' - which covers how to discuss a variety of different aspects.

If you have any concerns regarding your child's well-being, please do not hesitate to let us know by emailing admin@highsted.kent.uk.

We look forward to seeing you all soon. Stay Safe.

Yours sincerely

Miss S Appleton
Assistant Headteacher KS4

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