

**Executive Head Teacher:**

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Learning Together, Believing Together

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Thursday 26th March 2020

Dear Parents/Carers,

We want to reassure you that, during these difficult times, we are still here to support you. Your child's health and safety are of paramount importance to us; we fully remain committed to supporting pupils' wellbeing. During these exceptional circumstances we are still 'at work' and here to do our jobs even if remotely.

Within their pastoral role, our team will be checking that all is well for pupils in every year group. This will include phoning home occasionally to talk to you and your children.

Our approach to safeguarding has to remain vigilant, too, of course. This applies to all of our children but we have to be rigorous in maintaining contact with our most vulnerable pupils. The Department for Education define a school's vulnerable pupils as those including pupils with child in need plans; pupils on child protection plans; looked after children; young carers; disabled children; pupils with education, health and care (EHC) plans.

We will be telephoning families whilst our school is closed in order to make contact and catch up. We may also visit children (doorstep contact at a safe, social distance) to check how everything is going for them-and for you, too. Whilst our school remains closed the office will be open during school hours where you are welcome to contact us. You will also be able to talk to a member of our Safeguarding Team via this number too.

East Sussex County Council's Single Point of Advice contact number is 01323 464 22 (Monday to Thursday 8.30am to 5.00pm). Their email address is 0-19.SPOA@eastsussex.gov.uk. The contact numbers for the Emergency Duty Service are 01273 335906 or 01273 33905. These numbers are for use from 5.00pm to 8.30am (after 4.30pm on Fridays) and during the weekends and bank holidays if you have serious concerns about a child's welfare that cannot wait until the following day.

If you are finding it hard at home with your child and are struggling to cope, call Family Lives for free, confidential advice on 0808 800 2222. If you are worried about the safety of another child in our community, call the NSPCC on 0808 800 5000. Call the Police on 999 if you think a child is in immediate danger.

Another useful contact is the number for Childline. Our pupils are used to seeing this up around our school, or course. The number is 0800 1111. The website is <https://www.childline.org.uk>.

We are very aware of the need to support our children with their mental health. Now we have reached a point where all households have been asked to stay indoors this has become even more important. Of course, many children have access to their friends virtually and need no encouragement to use this! Attached to this letter is a list of services which can support our pupils and their families. There has never been a more important time to be kind and look after each other.

Stay safe,



Stewart James-Executive Headteacher

SUPPORT FOR PARENTS AND CARERS

Your mental health is very important at the moment. The following organisations might be able to help you in some way during this difficult time.

Mental Health Support

The Burt Foundation will email you regular updates to boost your mood

<https://www.blurtitout.org>

Action for Happiness encourage you to find ways to stay positive and resilient

<https://www.actionforhappiness.org>

Mind provides information on mental distress and ideas for self-care

<https://www.mind.org.uk>

The Samaritans are there to listen if you are feeling overwhelmed

<https://samaritans.org>

CAMHS Sussex has advice on mental wellbeing for children and parents

<https://sussexcamhs.nhs.uk/help-support>

Citizens Advice offers practical information about all aspects of your life

<https://citizensadvice.org.uk>

The NHS have a range of apps you can use to promote your own wellbeing

<https://www.nhs.uk/apps-library>

The British Army hosts a free 8-week online course in Mindfulness

<https://www.army.mod.uk/people/join-well/managing-stress/mindfulness-course>

CBeebies Grownups has lots of practical advice

<https://www.bbc.co.uk/cbeebies/grownups>

Pooky KnightSmith is a therapist who offers mental wellbeing tips for all the family

<https://www.pookyknightsmith.com>



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