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Headteacher: Lynne Haines  
 Deputy Headteacher: Elizabeth Smith

17<sup>th</sup> March 2020.

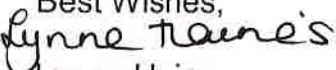
Dear Parents and Carers,

With so many of our families social distancing or isolating themselves we would like to learn better how the school can support you and your family best during any closure these difficult times.

From next week we will develop our website to give you web links, videos and activities to carry out at home. You will receive information regarding how to access this in the next couple of days. We appreciate how complex it can be caring for our young people at home therefore there is no compulsion nor pressure to do any or all of these activities. Unless we have any safeguarding concerns you do not need to have regular phone contact with the school if we do close.

To help us understand what you need we would like to ask you some questions. This letter will be available on line and a reply can be emailed to us at the following address; [schoolcontact@greenvaleschool.co.uk](mailto:schoolcontact@greenvaleschool.co.uk) Alternatively you can ring us and tell us your answers.

Name	Class		
Question		Yes	No
Do you have a strong network of friends and family to support you?			
Do you consider yourself to be isolated / without contact?			
Would you like regular catch up phone calls from the school to support your well-being?			
Do you have internet at home?			
Have you received our recent text messages?			
If not please add you an up to date Mobile phone number here:			
Would you like work / activities for your son / daughter to complete during any closures / isolation?			

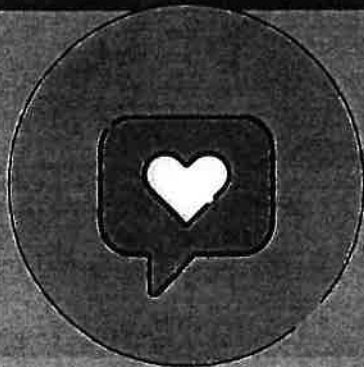
Best Wishes,  
  
 Lynne Haines

*At Greenvale School the welfare and safety of all our students is important to us. We will follow up all issues or concerns as per our safeguarding policy.*





## Helping children cope with stress during the 2019-nCoV outbreak



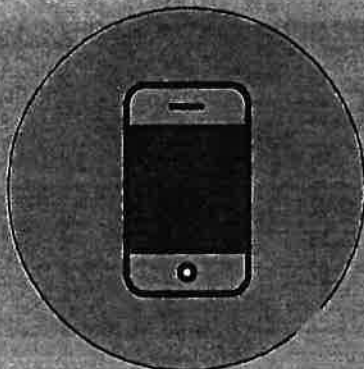
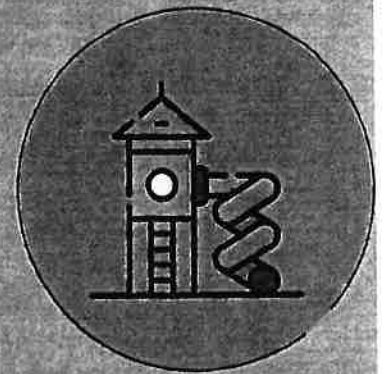
Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

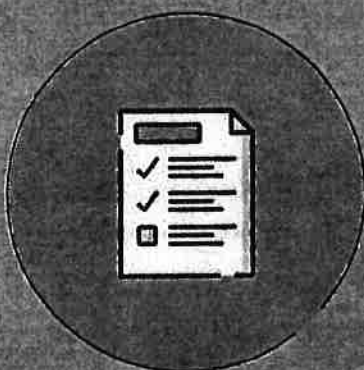
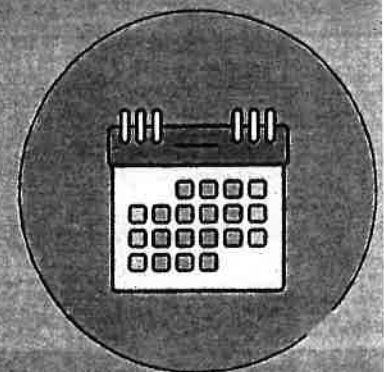
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).