

Friday 24th April 2020

Dear Parent/ Carer,

I hope that you are keeping well and finding a rhythm to life in these uncertain times. There are just a small number of young people attending school at the moment so the majority of families are continuing to stay home. We know that can bring increasing challenges as time goes on and that things can change for your family's circumstances.

As you are aware we are using our Newsletter, Website, Facebook and Twitter to provide you with information. In addition I have collated some information from the government that gives guidance on looking after your own and your family's mental health and wellbeing. I know many of you will already be thinking about these things and some of the tips given here may need further customisation for your individual family. If you would like to talk about more specific strategies to help your family please do get in touch anytime

It is really important that you are also taking care of your own mental health and wellbeing as well so please let us know if you are finding things difficult.

The staff teams are working virtually and in school to keep supporting learners as much as possible which I hope is working okay from your perspective. We don't know when schools will be fully open again but we have started considering different ways we can support the learners to transition from this academic year to the next. This includes any new learners and any who are leaving us at the end of this year.

Just to remind you, we are not given any information before we see the general public announcements from the government and as soon as the situation changes we will let you know.

In addition we are still waiting further information as to how to apply for new government initiative regarding the free laptops and routers for specific vulnerable learners.

Vouchers for Free School Meals have now been sent out to families for the Easter break and the difference owing from the two weeks before. Those entitled, will continue to receive vouchers once a week until learners are back full-time.

I am available as well as the Family Footings Teams and Class Teams so please get in touch whenever you need to.

Kind regards,



Nicola Wells, Principal Quest Academy

Putting children and families **first**



 Families First
Quality Award

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Resources to Support Mental Health and Wellbeing during Coronavirus (COVID-19)

General Advice for Everyone

- [Guidance on how to look after your mental health and wellbeing during the coronavirus \(COVID-19\) pandemic](#)
- [Every Mind Matters](#) for clear advice and actions to take care of your mental health and wellbeing including practical advice on how to [improve your sleep](#) and [manage anxiety](#)
- [NHS mindfulness page](#) and [NHS mental wellbeing audio guides](#) provide further information on how to manage anxiety.
- [NHS Recommended Helplines](#) – for expert advice if you are concerned about yourself or a loved one
- Free easy [10 minute work outs](#) from Public Health England or other exercise videos to try at home on the [NHS Fitness Studio](#). Sport England also has good tips for keeping active at home.
- **Use reliable sources of information and keep up to date with official news about Coronavirus such as [GOV.UK](#), or the [NHS website](#) – other information on newsfeeds, social media or from other people may not be accurate or up to date.**

Supporting Children and Young People

- [Guidance for parents and carers on supporting children and young people’s mental health and wellbeing during the coronavirus \(COVID-19\) pandemic](#)
- [Looking after your feelings and your body - easy read document](#)
- [National Autistic Society guidance on managing anxiety](#)
- [Autism Helpline](#) on 0808 800 4104 for further advice.
- [MindEd](#) is a free online educational resource on children and young people’s mental health
- The Children’s Commissioner’s [Children’s Guide to Coronavirus](#) have produced a [storybook developed by and for children around the world affected by coronavirus](#)
- [List of recommended online educational resources for home schooling](#) from DfE
- [Change4Life](#) for ideas for indoor games and activities