

Monday 4th May 2020

Dear Parents/Carers,

At this unprecedented time we are aware that many families will be facing significant challenges as they deal with a range of issues. It can sometimes be hard to know where to find the best advice and support.

Our Educational Psychology & Specialist Support team have recently compiled a list of useful resources for children and young people and their families.

Included within this list is information to explain the Coronavirus to children, and links to support mindfulness and wellbeing.

We have condensed the list to include the most relevant resources which we hope you will find useful.

One of the best websites for online advice and support on a range of issues is

<https://www.justonenorfolk.nhs.uk/>

The website has links to Covid 19 resources for families as well as a parent helpline for advice on a range of different issues.

We hope that everyone stays safe and well in these difficult times.

Kind Regards

Sarah Dorling-SENCO