



DENVER V.C. PRIMARY SCHOOL

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Tuesday 14th July 2020

Dear Parents and Carers,

As you are probably aware from the news and the many government updates there is a particular emphasis on mental health and wellbeing due to the impact of the pandemic. In April this year, a Mentally Healthy Schools website was launched by Her Royal Highness the Duchess of Cambridge.

Mentally Healthy Schools was developed and funded by the Royal Foundation as a unique collaboration between charity partners the Anna Freud Centre, Place2Be and YoungMinds with expert advice from the Centre for Mental Health and support from the National Association of Head Teachers.

Although some children have returned to school already, for many, the new autumn term will be their first time stepping into a classroom for formal learning since lockdown began. Understandably, this may be a strange or worrying time for some children, parents and carers, and schools.

Supporting the children's mental wellbeing during the return to school is a key priority for us all. An accompanying document named 'Coronavirus Toolkit' has also been placed in your class's home learning folder to go with this letter. It provides plenty of useful resources all focused on making sure the return to classrooms in the autumn is a mentally healthy one. The first section of the 'Coronavirus Toolkit' is full of resources for parents and carers, featuring activities and tips for how to prepare their child for re-starting school in September. This is especially useful when considering that for many the usual transition to new class days have not been possible this year.

I hope that you find these resources helpful. Please do contact the school office if you would like any further advice or support.

Yours sincerely

Mrs Henden
RSHE Coordinator

