



MacIntyre
Academies

April 27th 2020

Dear Parents and Carers,

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. Our next SLT phone calls to discuss provision and support with each family will be Thursday this week (30th April) and we will discuss the 3 weeks from 4th to 22nd May with you. Friday 8th May is a bank holiday and I hope to be able to close school that day.

The Trust 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 at 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 young people as much as possible which I hope is working well 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 young people to transition from this academic year to the next. This includes any new pupils 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.

SLT are always available alongside the Family Footings and Class Teams so please get in touch whenever you need to.

Stay safe and stay healthy

Matthew Pike
Principal

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