



12 May 2020

Dear Parents and Carers

Due to many families advising us of increased anxiety in children and siblings during lockdown we have put together a selection of short videos to help recognise symptoms, advise on simple strategies to cope, which have been used in school civics lessons, and signpost additional support should this be necessary.

I have also included a short video on bereavement support, as this too is something that a number of families are having to deal with as a result of the pandemic, which is creating even more difficulties in these unprecedented times. As we feel it is important for parents to view the video in advance of students, in case this raises issues which may cause further distress, we have password protected as follows:

Username parent@st-martins.essex.sch.uk
Password COVID2020STM

All video clips will be available on our school website, under the parent and carer's section from the main menu.

I hope that you find them useful, should you need them, and that you and your family are keeping well and safe at home.

Please do not hesitate to contact us at school should you need further help.

Yours sincerely

Mrs G Wilson
SEAL Co-ordinator