



Thursday 16<sup>th</sup> April 2020

Dear Parents and Carers,

I hope you have all managed to find some time to rest with your family over Easter. I have certainly appreciated a little bit of time away from juggling childcare, home learning and working from home and I know many of you will be in a similar situation. Please do not underestimate everything you are doing or the importance of your own and your children's mental health and wellbeing.

There is a lot of information about protecting your family's mental health and wellbeing at this uncertain time but in my opinion there are two key things to keep in mind. We all must rest. This will look like very different things for different people and may include reading, running, taking a bath, listening to music, cooking or watching television. We also must stay connected with the people we love, through play, laughter and shared experience. This can obviously happen at home and also through telephone and video conversations. Remember a family's positive mental health and wellbeing relies on everybody, so please take the time to take good care of yourself.

Over recent weeks there has been an incredible amount of information published to support families which, whilst useful, can become overwhelming. Together with Mrs Harrison and members of our senior leadership team, I have searched through for you and created a useful list of links. These can be found on the Rackham School Website, in our new Coronavirus area which can be located via the 'Parents' drop down menu.

I hope you'll find something on this list that could help support your family's wellbeing but if you do need further advice and support please contact me at [rowanclass@rackham.cambs.sch.uk](mailto:rowanclass@rackham.cambs.sch.uk) or our Pastoral Lead Ms Smith on [ismith@rackham.cambs.sch.uk](mailto:ismith@rackham.cambs.sch.uk) and we may be able to signpost you to more specific services.

Mrs. Harrison will be writing to you all before next week with further updates on the current situation.

Take care,

Mrs. Charlotte Hailstone – Personal Social and Health Education Lead

