



Friday 17th April 2020

Dear Parents and Carers

Our thoughts have been with you during Holy Week and the Easter period as we start to come to terms with the enormous changes in all our lives. These are challenging times and we are experiencing something so unexpected and so unusual that it can be difficult to understand.

What we can understand and take part in is a sense of togetherness through the ups and downs. Some of us may be struggling with a lack of outdoor space, some may be looking after sick loved ones and some may be struggling with the isolation.

We are comforted by the great acts of kindness which are happening all around us: the neighbour who offers to help with shopping, the postman checking on the elderly and isolating.

Well-Being

Please see below some well-being links at the end of this letter that you and your family may find useful.

Learning from Home

Many of you have let us know how much you have appreciated the consistency and flexibility around the Learning from Home resources and we are working hard to provide activities that allow children to enjoy learning while giving you the flexibility to run your households as you see fit.

In addition, in the Learning from Home section on the school website we have updated the 'keeping our minds and bodies healthy' page with a more recent 'useful resources' document, plus an excellent free information book explaining the coronavirus to children illustrated by Gruffalo illustrator Axel Scheffler.

Free School Meals

If you are entitled to free school meals, the Mrs Vagic will have already made contact with you about the new national voucher scheme. Please email admin@sbsp.rbkc.sch.uk if you have not yet signed up.

Vitamins

Did you know that you can collect vitamins from your local distribution reception point? Vitamins can also be delivered. Please use the following number to arrange a delivery:

020 7641 5923.

This information can be found in the Family Information Service websites for [Westminster](#) and [Kensington & Chelsea](#)

Best wishes

Mrs Harris and Mrs Vagic

Well Being Links

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19), PHE, 2020

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

COVID-19: guidance on supporting children and young people's mental health and wellbeing, PHE, 2020

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

The Health Protection (Coronavirus) Regulations 2020

<https://www.legislation.gov.uk/uksi/2020/129/contents/made>

Stay at home: guidance for households with possible coronavirus (COVID-19) infection, PHE, 2020

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Coronavirus anxiety: how to cope if you're feeling anxious about the outbreak, British Association for Counselling and Psychotherapy

<https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/>

Advice for everyone -Coronavirus (COVID-19), NHS

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

BPS highlights importance of talking to children about Coronavirus, The British Psychological Society

<https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus>