

Potter Street Academy News

Dear Parents and Carers,

It seems like a very long time ago that school was open now and I hope that you are all still keeping well and managing with day to day life as best that you can. Thank you to everyone who is sending in pictures of children learning at home, it is lovely to see these posted on Twitter and I am enjoying sending comments back to children on their fantastic efforts. Teachers are continuing to support families remotely and once again, I am sure you will join me in thanking teachers for all of their efforts in keeping communication going with you all and assisting you in helping your child with home learning at home.

We will continue to keep you updated on any developments as to when schools will reopen and direct you to any resources that we feel will help you whilst you have your children at home with you.

Help with providing for your family

In these challenging times you may find yourself with extra pressures of having less money to buy essential food for your family. Please can I remind you that as a school, we are able to provide Food Bank vouchers to families who are in real need at this time. If you would like to access one of these, please email the school office and we can arrange one of these for you.

Looking after our well being and mental health

At times like these, it is even more important that we all stay mentally healthy and look after ourselves more than ever. You may find yourself in the position of increased levels of anxiety and in fear of what the future holds at the moment. Children too will be experiencing feelings of loss in not seeing and being in touch with their friends and teaching staff and will also have lots of questions about the coronavirus that you might be struggling to answer.

<https://nosycrow.com/> - there is a **free** information book explaining coronavirus to children and families that you can read together with your child or download and print out.

The book answers key questions in simple language for 5-9 year olds.

- What is coronavirus?

- How do you catch coronavirus?
- What happens if you catch coronavirus?
- Why are people worried about catching coronavirus?
- Is there a cure for coronavirus?
- Why are some places we normally go to closed?
- What can I do to help?
- What is going to happen next?

You may find this supportive and helpful in explaining about the virus to your children.

Feeling anxious?

If you are experiencing anxiety during this stressful period, please visit <https://www.anxietyuk.org.uk/>. There are lots of resources and videos of how to manage and cope with anxiety which can support you at the moment. There is a special section coronanxiety which is of particular relevance for those of you who are not usually anxiety sufferers, but the pandemic has triggered anxiety for you.

Key worker families

There is a group of volunteer counsellors who have come together to try and offer some **free counselling support** for key workers and those working on the front line - please go to <https://www.keylinkcounsellors.co.uk/> to find out how to register. Counselling will take place online or through telephone contact.

