



MAIDEN ERLEGH

SCHOOL

Headteacher: Mr P. Gibson
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19 March 2020

Dear Parent/Guardian,

Safeguarding is Everybody's Business

We know that for some of our most vulnerable children, school is a safe and stabilising environment where trusted adults provide care and protection.

When schools are closed this safety net of security is not there. In these unprecedented times of additional school closures, I am asking you all to support all of our children by being there when we can't be.

Keeping children safe is all of our business. If you see, hear or feel something that is not right and the school is closed, please contact your local safeguarding team. Your name can be kept confidential if you wish.

Wokingham
Phone: 0118 908 8002

Reading
Phone: 0118 937 3641

We have spoken directly with some of our children and given them additional advice about keeping themselves safe and well. We are staying open for keyworker and vulnerable children.

Anna Freud Centre have put together a document [Supporting schools & colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption](#) they have also developed three videos, one for [school staff](#), one for [parents](#) and one for [children and young people](#)

If you find yourself struggling with your own emotional wellbeing the NHS is a good starting point for advice and guidance <https://www.nhs.uk/oneyou/every-mind-matters/>

We have talked to all students today about taking care of themselves and others during the school closure. This is what we have told them:

Wellbeing

It is important that you take care of your wellbeing while school is closed.

- Try to establish a routine of doing school work every day, using your normal timetable. This will make it easier to get back into the school day once we open again and you won't feel that you have fallen behind with your lessons.
- Your teachers will help you as best they can – all you have to do is ask.
- Eat healthily and drink lots of water and get into a good sleep routine.
- Take care not to spend too much time on social media and video games - as much as you can prioritise time with family.
- Get some fresh air and exercise every day if you can.
- Year 11 and 13 - We are all still processing the news about exams. You are not alone and we understand that this will have affected you in different ways. Until we understand how you are to be assessed please keep working and learning. As soon as we know the plan we will share

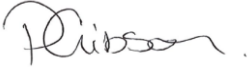
it with you. We intend to hold a celebration for you later in the year once everything is back to normal again.

With the school closure comes a unique opportunity for you to do something different, to take more exercise, to learn something new, to write letters, bake cakes, to make a difference to your community. You will never get this chance again – grab it while you have the chance.

Safeguarding

If you are worried about yourself or another young person while the school is closed you must talk to a trusted adult. You can email the school on messafeguarding@maidenerleghschool.co.uk for help or you can call Childline 0800 1111. Above all, please do something rather than nothing.

Yours sincerely,



Mr P Gibson
Headteacher