



5 February 2021

Dear Parent/Guardian

Year 9 – Wellbeing and Support

I hope this letter finds you all safe and well.

I wanted to take a moment to write to you to share how wonderful the engagement from the Year 9 students has been during this period of lockdown. These are difficult times for all and they have shown true resilience and maturity in their approach to work.

I know that this has been a team effort from both them and yourselves and is a true example of our core values and our motto #teammaidenerlegh.

It is important for us to recognise that during this difficult time that students may need extra help and support. I know we have sent various information to yourselves and to the students but wanted to reiterate a couple of useful resources that may be of help.

Berkshire West CCG

3 easy guides to assist with coping strategies and wellbeing.

1. #Coping; Family life during the lockdown’.
2. #Coping – five ways to wellbeing (one aimed at primary school children and one for secondary pupils)
3. #Coping; Young Persons guide.

They are available to download at: www.berkshirewestccg.nhs.uk/coping

Kooth

An online youth counselling service, free for young people aged 11-18 years of age. It provides a safe and secure means of accessing support for emotional health and wellbeing from a professional team of qualified counsellors.

To use this service or find out more visit:

www.kooth.com

Finally, please remember that we are here to help and myself along with your child’s tutor will support your child in any way we can.

Thank you for your continued support and we look forward to the moment we can welcome the students back into school.

Stay safe and well.

Yours sincerely

A handwritten signature in blue ink, appearing to read 'A Jones', written in a cursive style.

Mr A Jones
Head of Year 9.