

Dear Parents and Carers

I want to personally thank all parents and carers across The Spring Partnership Trust family of schools for listening to the government's request to keep your children at home unless you are critical workers with no other option. I want you to know that in doing this, you have helped us provide a vital service to those children and critical workers who really do need their teachers most.

Our schools will continue to offer you whatever they are able in the coming weeks, so do look out for updates as the situation develops. I would also ask you to be mindful that, like everybody else, we have members of staff absent from work through illness or working from home following government advice. This may mean our response times to individual requests and communications will be affected and we ask for your patience and understanding about this.

Finally, please make sure your children are accessing the wide variety of learning resources we have made available to you so they remain as engaged and active as possible during their time away from school.

With warmest wishes

Jo Brinkley

CEO The Spring Partnership Trust

## Thank you to our staff!

Our staff on site have been coming up with some great activities for the small number of pupils who attended our schools this week.

At St Mary Cray Primary Academy, the team made rainbows with children to share a message of hope



Children at Leeson's Primary School have been outside gardening



## COVID symptom Tracker

If you get an opportunity, please do your bit for medicine and download this symptom tracker app. It has been designed to give scientists as much information as possible about who is affected around the country and how the disease might affect people differently.



## Parents and Children staying well

There is some helpful, clear and accurate information available to help us know how to respond to keep ourselves and others safe over the coming weeks, and to also take care of our wellbeing in this unfamiliar situation. I have shared a link below and an image of a help-sheet from the World Health Organisation that I hope you will find useful.

We have also set up a new email address for pupils, parents and carers to use if you have any concerns about emotional health, wellbeing or safeguarding matters ([wellbeing@springpartnership.co.uk](mailto:wellbeing@springpartnership.co.uk))

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

An infographic from the World Health Organization titled 'Helping children cope with stress during the 2019-nCoV outbreak'. It features a teal background with white text and icons. The content is organized into sections with circular icons: a speech bubble with a heart, a school building, a smartphone, a calendar, and a checklist. The text provides advice on how to support children's emotional health during the outbreak.

**World Health Organization** Helping children cope with stress during the 2019-nCoV outbreak

Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.

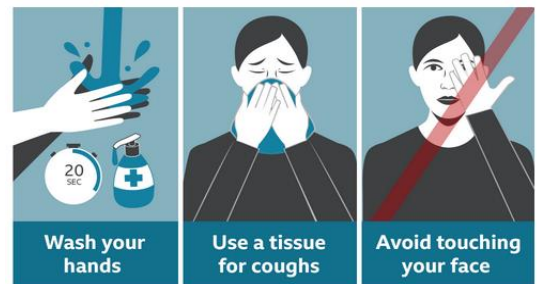
Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.

Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Please remember the following points:-



## Watch out for scams

We have heard from the DfE that fraudsters are targeting parents of children eligible for free school meals. Families have received an email requesting their bank details, claiming that this information must be provided to enable their children to receive meals. If you receive an email like this please delete it immediately.

## Information for chronic asthma sufferers

Asthma UK have published the following advice if you, or your child, are taking these medications for asthma:

- Any biologic therapy, also called a mAb
- Steroid tablets or liquid every day
- Antibiotic tablets or liquid for asthma every week (e.g. azithromycin)
- Tiotropium
- A combination inhaler that also contains a long-acting bronchodilator (e.g. Seretide, Fostair, Symbicort) at a high daily steroid dose
- An inhaler with a high daily steroid dose AND you are taking Montelukast

Or, if:

- You have been admitted to hospital for your asthma in the last 12 months
- You have ever been admitted to an intensive care unit for your asthma

Then you should follow the shielding advice which is set out in very helpful detail here

<https://www.asthma.org.uk/coronavirus>, including how to register for extra services from the government.

## Last but not least...

For all you dog owners and lovers ....

