

LOWTON WEST PRIMARY SCHOOL

MRS J. WESTHEAD B.Ed.(Hons) | HEADTEACHER
MR B. CUNLIFFE | CHAIR OF GOVERNORS



Slag Lane | Lowton | Warrington
Cheshire | WA3 2ED

t: 01942 724865

f: 01942 721402

e: enquiries@admin.lowtonwest.wigan.sch.uk

Friday 24th April 2020

Supporting children's mental health during the COVID-19 pandemic

Dear Parent/ Carers,

Today, I have sent out a letter in relation to 'home learning' and the work that school has been set for your child to complete.

However, during these unprecedented times, it is most important that the emotional and mental well-being of children (and indeed adults) is given the highest priority.

Negative experiences and distressing life events, such as the current circumstances, can affect the mental health of pupils and their parents.

The government have published guidance for parents and carers on supporting children and young people's mental health and wellbeing during the Covid-19 pandemic. Please find the link below:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

If you feel that you need any support, there are agencies such as Childline.org.uk (as well as other agencies outlined in the government guidance) who can provide support.

If you need support, you can also contact school and we can signpost pupils and parents to external agencies. Please do not hesitate to contact us at school if you need support in any way.

Yours sincerely,

Mrs J. Westhead
Headteacher



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