



# Plymouth High School for Girls

*"For life, not school, we learn"*

27<sup>th</sup> April 2020

Dear Parents and Carers,

As we continue to work in uncertain times, I wanted to share with you some of the support that has been made available for students and parents to access across the city and beyond. As a school, we want you to know that we are here for all of our students and hope that if they need support they will contact their tutor, Head of Year, myself or someone within the school they feel happy to communicate with.

Obviously, students will now be spending a lot of time online. Please talk to your daughter/son about her/ his online activity. Check that the privacy settings are accurate and that they are not able to be contacted by people they do not know. Also, ensure they change the passwords regularly, including their school email account so that their accounts are not hacked. For more information and support, please refer back to the letter from Miss Bullocke re Online safety and links in the email contained.

<https://nationalonlinesafety.com/>

I have also included a link for a leaflet from Young Devon that is being circulated to students via their tutors / head of year and has a number of very useful different strategies to cope with COVID 19.

We have also received this information from CAMHs:

*Is your child or the child you are caring for experiencing anxiety, worry or stress?*

*Are they experiencing psychological or emotional distress?*

*Do you need to talk to someone who can offer support and advice?*

*This service is open to Children, Young People, Parents, Carers and Professionals*

*The Urgent Mental Health Support Telephone line is open now 24 hours a day, 7 days a week on 01752 435122 for advice and support.*

## **Coronavirus (COVID-19) advice and support for parents and carers (NSPCC)**

The NSPCC has created a number of resources to support parents and carers during this difficult time. Topics include:

- Talking to a child worried about coronavirus
- Parents working from home
- Children staying home alone

- Lockdown and separated parents
- How to cope with tantrums and other difficult behaviour.

The advice can be found on the NSPCC website here:

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

We understand that this is a difficult time for everyone and as a school, we will do all we can to support families during this period. Please encourage your daughter/ son to talk and speak about how they are feeling and to keep in contact with the school.

Best wishes

**Mrs. S Payne**  
**Designated Safeguarding Lead**