



NEWBOTTLE & CHARLTON CEVA PRIMARY SCHOOL

Every person matters, every moment counts "I can do all this through him who gives me strength"

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Interim Headteacher: Mr Peter Smith

Chair Of Governors: Lady Hayter

Supporting Your Child's Wellbeing

12th June 2020

Dear Parents and Carers,

During this difficult time, I wanted to reinforce, even though our school isn't open to all, we're still here to support your child and your family in whatever way we can.

You might be noticing signs of increasing anxiety in your child as there are continuing to spend more time indoors and outside of their normal routines. These might include:

For pupils ages 3-6 years:

- > Regressing to behaviour they've outgrown, such as thumb-sucking or bed-wetting
- > Showing greater fear at being separated from you
- > Tantrums
- > Trouble sleeping

For pupils ages 7-11 years:

- > Expressing sadness, anger or fear
- > Sharing false information that they're hearing from their peers or seeing online
- > Wanting to talk about coronavirus all the time
- > Not wanting to talk about the current situation at all
- > Having trouble concentrating

We've put together some resources (parent pack) to help you support your child. We hope you find this information helpful.

If you have any concerns about how your child is coping or you need any other support from the school, please let us know by emailing the office.

We're extremely grateful for all the support you've shown us as we've adapted to these new circumstances, and we want to reassure you that we are still here to support you too.

Kind Regards

Mr Pete Smith

Interim Headteacher