

# Haileybury Turnford

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20th March 2020

Dear Parent/Carer

In light of school closures, I wanted to share with you some helpful links that focus on how we can all look after our mental health and emotional wellbeing during this difficult time.

Due to the unprecedented nature of this situation, there are many unanswered questions and lots of media attention, which can lead to anxiety and stress among children, young people, parents and carers.

With this in mind, I hope that you will find the attached information about how to look after our mental health and emotional wellbeing helpful in supporting your children and families.

If you require any further emotional support whilst the School is closed, please do not hesitate to contact me at [amatrudaj@haileyburyturnford.com](mailto:amatrudaj@haileyburyturnford.com).

Yours faithfully

Mrs Jacky Amatruda  
KS4 Assistant Year Achievement Coordinator & Mental Health Lead



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