



18th March 2020

Dear Parents and Carers

Well-being

We are writing to give some advice on how you can support your child and their well-being during a partial or full school closure.

General Well-being

Our class teachers have worked alongside our pupils giving them key messages regarding hygiene and how to wash their hands for 20 seconds, as well as providing child friendly explanations (led by our Year 6 pupils) regarding the COVID-19 virus. We wish to draw your attention to how you can support your child's general wellbeing.

- It is important for promoting well-being that usual routines can be kept to as much as possible. Your child is encouraged to do home learning and to take regular breaks.
- With social distancing guidelines, it is advised that you can still exercise but should avoid groups of people. Therefore activities such as walks and bike rides in gardens and local parks are encouraged as regular exercise will contribute positively to well-being.
- Meditation can be a positive way of relaxing and reducing anxiety. There are website and Apps available. One example is <http://www.mhk.today/>

What if I or my child has a safeguarding concern when the school is closed?

In the event of school closure, we would advise any parent or child who has a concern about their own or others' safety, to contact your local authority safeguarding agency.

Harrow: Golden Number on: 0208 901 2690

Barnet: Safeguarding Hub (MASH) on: 020 8359 4066

Brent: Family Front Door on: 020 8937 4300 (option 1)

Ealing: Children & Families on: 020 8825 8000

Hertfordshire: Safeguarding on: 0300 123 4043

Hillingdon: Safeguarding Hub (MASH) on: 01895 556 633

If you live in a different borough please contact the relevant safeguarding team.



If your safeguarding concern is school-related you will be able to email the Designated Safeguarding Lead: Ms A Patel kapsharrow@avanti.org.uk

Attached to this letter is an information leaflet from Harrow Council about 'Coronavirus; supporting children's wellbeing' if they require it.

E-Safety

During a school closure you child will be increasingly using the internet and also might wish to keep in touch with their friends. Please continue to be vigilant and monitor their online activity to ensure their safety. All pupils have been had lessons on how to stay safe online. If you do have any concerns you can report these to CEOP - <https://www.ceop.police.uk/Safety-centre/>

Parent Whatsapp Groups

We would like to encourage parents to remain in contact with each other via social media such as Whatsapp. This is important as staying in contact with others will also help with your own well-being. There are many ways that social media can be used positively to support each other such as:

- Sharing ideas on activities that can be completed at home
- Recommended websites & documentaries/films

Please be mindful to keep communications positive as others will already be feeling anxious about the current situation.

These are unprecedented and we reiterate our hope that we will pull together as a community to support each other over the coming weeks and months.

Yours sincerely

Ms A Patel
Assistant Principal