



Whitstable Junior School

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Dear Parents/Carers,

The government has provided information for parents and carers to help support the mental health and wellbeing of children in these unprecedented times. Children of all ages will find this time difficult and may react in a variety of ways. The guidance is there to help adults with caring responsibilities look after the mental health and wellbeing of children or young people, including those with additional needs and disabilities, during the coronavirus (COVID-19) outbreak.

In the guidance you will find advice for all children along with children who are accessing mental health services, have a learning disability, or are autistic. There are also links to websites and telephone numbers where you can find support.

This guidance can be found here:

<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#autistic-children-and-young-people>

At WJS, we understand how important wellbeing is and want to continue to support our pupils and families during this time. Keep an eye out on our Facebook page for activities to support positive wellbeing, including 'Feel Good Friday'. There is also a page on our website <https://www.whitstable-junior.kent.sch.uk/page/?title=Wellbeing+Fun%21&pid=152> where you can find wellbeing activities too.

Best Wishes,

Kirsten Collin

Assistant Headteacher/SENCO



INFLUENCING
SUPPORTING &
CONNECTING