



THE STONEHENGE SCHOOL

JXW/dah

3rd February 2021

Dear parent/carer,

We hope that that lockdown is going well and eLearning is running smoothly?

Parents and carers might be worried about balancing working from home with family life, from creating structure to coping with difficult feelings.

We've got tips and advice to support you and your family – whether you want to speak about Corona issues, try new activities with your family or you need help with stresses. See attached files.

Here are some links that will help:

- [Talking to a child worried about coronavirus](#) -

If your child is anxious or worried about coronavirus (COVID-19), there are things you can do to help. If they're struggling with their mental health, there's advice to help you support them and keep them safe.

- [Coronavirus \(COVID-19\) and parents working from home](#) –

Information about balancing the challenges of working from home and eLearning.

Anxiety information and help

Anxiety is the body's way of responding to being in danger. It works so well, that it often kicks in when it's not needed. This may well be occurring during these unprecedented times.

Please find attached to this email, Anxiety information and using coping strategies.

Anxiety Help Apps

[ANXIETY STOPP App – Google Play](#)

[ANXIETY STOPP App – Microsoft](#)

[ANXIETY STOPP App – Apple Store](#)

All of this information is available on the school website on the 'Student Portal'. Please contact the school if there are any questions or issues. We are here to help and guide.

Stay safe,

The Stonehenge School, Pastoral Team

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