



Cringleford CE VA Primary School



Cringleford Home Learning

Headteacher's daily blog

Date: Thursday 26th March 2020

Dear all,

In all the gloom of what is going on, it is good to be able to share whatever good news we find. Many of you will remember that Mrs Prendi (former Year 4 teacher) and her family went to China at the end of last summer to teach in a school over there. When the Coronavirus spread in the country, the whole family had to return to the UK for several weeks. I am really pleased to let you know that they were able to return to China last weekend, a sign that things have improved over there and that this challenging time in our lives will come to an end at some point.

Supporting mental health

You might be interested to know that the Under 14's Child and Family Mental Health Service is highlighting a number of sources of support for mental health if families and young people are finding it hard to cope. All of these services are likely to be working with less staff, so it will be best to make the most of their website resources rather than contacting them by phone.

Just One Norfolk website: <https://www.justonenorfolk.nhs.uk/>

A local resource providing advice on all aspects of life for a child/ young person. Specific information about emotional health for young people and parents. An App is also available.

Young Minds website: <https://youngminds.org.uk/>

Lots of information about young people's mental health, with various resources available. Parents' helpline also available.

Childline website: <https://www.childline.org.uk/>

Lots of advice for children, young people and parents/ carers. Plenty of ideas for activities too.

Wishing you all the best,

Mr Henery