



Cringleford CE VA Primary School



Cringleford Home Learning

Headteacher's daily blog

Date: Wednesday 15th April 2020

Dear all,

Every day I seem to get emails sent through about online support for one thing or the other and trying to filter out what is useful to pass on can be a challenge. The following link from the NHS does, however, seem a good one for straight forward advice about how to manage mental health issues - something which we are all having to deal with at different times.

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

Wishing you all the best,

Mr Henery