

Dear Children,

We want you to keep helping each other and your family.

Please make sure that you keep your selves safe during your time at home. Keep washing your hands and following the instructions that you are given. If you are worried, please talk to an adult that you trust.

Here are some numbers and websites that might also help:

Youngminds <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/> this has good tips about dealing with coronavirus

Childline 0800 1111 <https://www.childline.org.uk/kids/> if you are worried and need to talk to someone

KOOTH <https://kooth.com/> online counselling

Thinkuknow <https://www.thinkuknow.co.uk/> for support with things that are happening on your computer

CEOP <https://www.ceop.police.uk/Safety-Centre/How-can-CEOP-help-me-YP/> if you need to report anything on your computer.

