

19 March 2020

Dear Parents/Carers,

Following the Government's announcement yesterday evening, The Test Valley School will be closed from Monday.

With this in mind we would like to signpost you in the direction of external agencies which can offer support to you or your child whilst the school is closed, we have provided a list of these below.

In addition, to this we have created a help point on our website where pupils will be able to contact their head of house with any queries or concerns they have. This can be found on the home page of the school website and will be live as of today. We will endeavour to respond to all queries within two working days, with the responses going directly to the pupil's individual email account.

Pupils are able to access their email accounts via outlook.com by using their Test Valley email address and password. If pupils experience any problems with this, please contact the IT department via email – [ITservicedesk@testvalley.hants.sch.uk](mailto:ITservicedesk@testvalley.hants.sch.uk).

Parents/carers, thank you so much for your support. This is uncharted territory for the School and you will understand that the situation may change on a daily basis.

Yours Sincerely,

Ms T Wilden

Head of School

## **NSPCC**

Child line offers free, confidential advice and support whatever your worry, whenever you need help.

0800 1111

## **Turn2me – (online resource)**

Support with anxiety and loneliness.

Online resources to support with Anxiety, Stress Management and General Mental Health.

## **ThinkNinja – (available via app)**

Empowering children and young people to build resilience, manage their emotional health and to fulfil their potential.

ThinkNinja is an app specifically designed to educate 11-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well.

## **Samaritans**

Whatever you're going through, call us free any time, from any phone, on 116123.

We offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you.

We won't judge you or tell you what to do, we'll listen to you.

## **NHS Keep Fit and Healthy – Gym-Free Exercises 10 minute home cardio workout -**

<https://www.nhs.uk/live-well/exercise/10-minute-home-cardio-workout/> 10 minute body toning workout - <https://www.nhs.uk/live-well/exercise/10-minute-home-toning-workout/> 10 minute abdominal workout - <https://www.nhs.uk/live-well/exercise/10-minute-abs-workout/> 10 minute upper arm workout - <https://www.nhs.uk/live-well/exercise/10-minute-upper-arms-workout/>