

8 January 2021

Dear Parents and Carers,

We know that this is a challenging time for everyone. You will have already received many letters explaining what we are doing to support pupil's learning and how we are trying to keep up with the ever-changing expectations that are being placed on schools.

I would like now to also share with you some excellent sources of information to help support your child or children (as well as yourselves) during this time. I hope you find these useful.

Wellbeing:

- [Five ways to manage your wellbeing as a parent during lockdown - BBC Bitesize](#)
A brief summary of how you can be kind to yourself in order to support your child as best as possible.
- <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>
More detailed information on dealing with mental health issues, anxiety, or depression.
- <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/#how-can-i-support-my-child-during-lockdown?>
Tips, advice and where to get support during this time. This includes advice for bereavement and financial support as well as behaviour at home and more.

Digital Safety:

- [Online safety in lockdown \(net-aware.org.uk\)](#)
How to ensure your child is safe online during this time of increased use of digital resources.
- <https://safetonet.com/>
A link to an app that can be uploaded to your child's smartphone or tablet so that safety measures are in place that acts as a safeguarding "buddy" and also helps with digital wellbeing.
- <https://www.internetmatters.org/parental-controls/>
The website shared during our online Parent information evenings with details of how you can minimise online risk on any of your devices or networks.

Stay safe,

Mr E J Whatley

*Associate Senior Team
Head of Maths and Computing
Test Valley School*

HEADTEACHER ▪ MS T. WILDEN B.A. (HONS)

Roman Road, Stockbridge, Hampshire SO20 6HA — Tel 01264 810555
Email: office@testvalley.hants.sch.uk — Website: www.testvalley.hants.sch.uk