

Dear families,

We appreciate that you have been receiving huge amounts of information which we appreciate may feel overwhelming and difficult to sieve through at times. In an effort to try and make it easier for you, please find attached a single document detailing what support is available for Hertfordshire pupils for mental health and emotional well-being including any updates as needs have changed.

You may also be interested in the recording of the LIVE Young Peoples Covid-19 webinar which is available to view via: <https://www.justtalkherts.org/News/Youth-webinar.aspx> The webinar addressed questions that have been raised by young people during lockdown. The webinar panel included Professor Jim McManus, Herts Director of Public Health; Councillor Tim Hutchings, Cabinet Member for Public Health; Simon Newland, Education Operations Director, Hertfordshire County Council; and Liz Shapland, Deputy Education Services Director, Herts for Learning. Some of the questions and answers submitted during the Q&A are also attached with links to where support can be found.

It can be really worrying when you or someone you know is going through a difficult time so please do take a moment to see what support is available. Please also remember that school is also now up and running and we are only a phone call away!

Take care and look after yourselves.

Kind regards,

Emma Woollon

Pastoral Support Lead