

24<sup>th</sup> April 2020

**Parents and Carers  
of TQEA students**

Dear Parents and Carers

We hope that this letter finds you and your families well.

We understand that this will be a time of great uncertainty and concern for many people, and that these unprecedented circumstances will affect young people in different ways. In school all students have chosen a nominated trusted adult that they can go to if they are at all worried. However, while they are not at school, we are aware that they may still have worries or questions that they might want to share with us. We would like to be able to support them as much as we can during this unusual time when they are not in school.

With this in mind we have set up a dedicated email address. This is for students to use. They can email us with any worries or questions they may have. Ms Ressel, myself and the Pastoral Team will be answering the emails. This special email service will be available from Monday to Friday.

The email address is: [pastoral@tqea.org.uk](mailto:pastoral@tqea.org.uk)

As you will know, we have launched a new teaching and learning curriculum for this half term based on Learning Grids. We have created one for students on Kindness and Wellbeing. We would strongly encourage students to endeavour to complete these challenges each week, alongside the curriculum tasks, in order to help them through these difficult times.

Finally, if there is anything you would like support or help with, please let the school know and we will do our absolute best to support you.

Take good care and we look forward to seeing you all again very soon!



Mrs Morris  
Assistant Principal  
Pastoral and Behaviour



Mrs Ressel  
Assistant Principal  
Safeguarding and SENCo

**Useful information overleaf/below:**

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**Principal: Mr N Harding - (BA Hons) PGCE**

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Please remember that some worries young people have may seem small to us but are a big worry for them. Answer their worries as truthfully as you can. Reassure them that there is no worry too big or too small that cannot be shared.

Some useful videos to find on YouTube:

- Breathing exercises for children
- Mindfulness meditation for kids
- Rainbow breathing flow

Useful websites to access for help and support:

The RISE website has resources for children and young people, as well as advice for parents and carers.

[www.riseuk.org.uk](http://www.riseuk.org.uk)

Young Minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Place2Be: [www.place2be.org.uk](http://www.place2be.org.uk)

Careresuk: [www.carersuk.org](http://www.carersuk.org)

Warwickshire Family Information Services

Helpline: 01926742274

Email: [fis@warwickshire.gov.uk](mailto:fis@warwickshire.gov.uk)

Website: [www.warwickshire.gov.uk/fis](http://www.warwickshire.gov.uk/fis)