

Dear Parents and carers,

Please find below some important guidance to help your children in this situation as keeping them safe is paramount to us.

New online resources

- **Supporting children's mental health - Harold's Daily Diary** Harold the giraffe is posting daily Ideas for creating routines and the different things that children (supported by parents/carers) can do to keep happy and healthy – including looking after their emotional health. This is going down really well, particularly with younger children. One of our SCARF-using schools has even used it as the basis for a virtual literacy lesson.
- **Support for parents and carers** We've increased the amount of content on this new part of our website. This now includes sign-posting to online safety resources as well as ways of helping children cope with anxiety caused by COVID-19's impact.
- **Staying Safe Online resources** A new online package of support for teachers to use themselves or to share with parents who are now at home with children. Includes:
 1. Practical advice and guidance about keeping children safe online
 2. Resources to teach children to be safe online – drawn from our own bCyberwise resources and those produced by CEOP (Child Exploitation Online Protection)
 3. Guidance on keeping children emotionally healthy – balancing time online and offline.