



Carlisle & Hampton Hill Federation



Carlisle Infant School

Broad Lane, Hampton, TW12 3AJ

Tel: 020 8979 2770

E-mail: info@carlisle.richmond.sch.uk

www.carlisleandhamptonhillfed.richmond.sch.uk

Headteacher: Mrs Z Brittain BA (Hons)

Deputy Head: Mr D Wells BA (Hons)

Hampton Hill Junior School

St. James's Avenue, Hampton Hill, TW12 1HW

Tel: 020 8979 3019

Email: info@hamptonhill.richmond.sch.uk

www.carlisleandhamptonhillfed.richmond.sch.uk

Headteacher: Mr A Went B.Ed (Hons)

Deputy Head: Mrs A Appleyard BAQTS

Thursday 7th January 2021

Dear Parent /Carer,

Re : Wellbeing

As we all enter another lockdown period, we wanted to take this opportunity to reach out to our wider school community to offer our support. We understand that there are families that might have experienced adversity during this period, including job insecurity, caring for others and bereavement. We also understand that we may have families whose circumstances will have changed dramatically in just a matter of days or weeks.

As a school, we may be able to help, so please do not hesitate to inform us of any change in your circumstance or difficulties you might be experiencing.

We continue to remind children that kindness and understanding is key at this difficult time. Some will be worried that this disruption will affect their learning and progress. We are confident that we can support your child through this phase of learning.

You may be worried that children will struggle with motivation during this phase. Some children will be concerned about missing out on seeing their friends and the positive effects of working with others. We hope that as a family you can continue to prioritise some regular outdoor activities as this is so important for mental wellbeing.

We would suggest that you encourage your child to adopt the following routines:

1. Get outside for at least 30 minutes a day
2. Make sure sleep routines return to normal after the holidays
3. Try and follow the times of the school day as this helps children to keep focused on learning.

Please let us know if you have any concerns about the emotional wellbeing of your children over this period so that we can put in additional contact from school and or support. Please talk to your child about the need for great kindness to others. We will be relaunching the Virtual Caring Cups again. Details will follow in the Wellbeing Section of the newsletter.

If you have any safeguarding concerns then you can either contact Mrs Wrigglesworth or Mrs Appleyard or the Single Point of Access (SPA) : 020 8547 5008 **Out of Hours:** 020 8770 5000.

Whilst we are in a remote learning phase we would ask you to please report any positive covid tests from our children using the following link:

<https://forms.gle/Dh3hr5YPQcvGNU4K6>

Please use the: student@hamptonhill.richmond.ch.uk email address to contact us.

As always, many thanks for your support and understanding and wishing all our families well.