

03.04.2020

Dear Parents and Guardians,

I hope that you and your loved ones are still well and continue to be safe. As I have communicated previously, we are all adjusting to a very different way of being. This is challenging. Many of our staff are parents too, and understand how hard it can be to keep children entertained at home with so little opportunities to get out or engage in their usual routines. We know, it is equally tricky for families that have to try and work, work from home or care for other children and family members.

We are very aware that many children, both those who are neurodiverse and those who are not, are finding it hard to comprehend the changes to their lives, particularly where there is inflexible thinking and the need for a predictable routine.

I want to thank you all again for the continued messages of support. It has been really heartwarming to see so many pictures and messages of pupils, engaging in lovely activities, looking so safe and happy, you are really a remarkable group of parents.

### **Easter Holiday Period.**

For the next two weeks, as it's supposed to be the Easter Holidays, class teachers will not contact you on a daily basis or be sending you suggested activities and challenges. They will contact you twice over the 2 week period just to check everything is alright. We are still operating the school for parents that are Critical Workers as we have done this week.

None of us know how long we are likely to be locked down for, it is unlikely that things will be going back to normal after the Easter break.

Trying to maintain positive mental health for yourself and loved ones is the priority for all of us in these challenging times. The attached document from Public Health, provides you with some tips, advice and support agencies in these times of uncertainty and we hope you find it of some use.

Also, check out our website for the information regarding other organisations that can help, if you need additional support during this time. We will continue to monitor our Family Support email [familysupport@chiltern.beds.sch.uk](mailto:familysupport@chiltern.beds.sch.uk) and liaise with Social Care.

On behalf of all the staff at The Chiltern School, can I take this opportunity to wish you a relaxed and safe Easter Break, hoping you and your loved ones stay safe and well.

**Best wishes,**

**Lisa**

Lisa Leonard  
Headteacher

