



Dear Parent / Carer,

If you need any support during our closure, or have any questions, please check the website first for any updates. If you are unable to find an answer to your question, the following will be available.

- The school phone lines will be open between 8:30am – 3:30pm
- All teaching staff and pastoral staff will be accessing their emails during normal school hours

If you have a **Safeguarding concern** contact Miss Sullivan either via reception or on the following number: 07522 842936.

If out of school hours, please contact Staffordshire's Safeguarding First Response team on 0800 1313 126 or the Police on 101.

Free School Meals:

If your child is eligible for FSM, a packed lunch will be available from reception (at 12:20) each day for you or your child to collect.

Foodbank:

Lichfield Foodbank will still be open, although no refreshments will be served at their sites. The foodbank locations and times are below:

Tuesday- 10:00am-12:00pm – Life Church
Wednesday – 1:00pm-3:00pm- Life Church
Friday- 12:30pm- 2:30pm- Wade Street

Online support:

If you need support in discussing the current situation with your child, or general support as a parent:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>
<https://www.annafreud.org/coronavirus/>

Mental Health:

If you have any serious concerns about your child's mental well-being, our advice is always to contact your GP, as a matter of urgency.

There is also support on the school website for your child to access:

<http://www.netherstowe.com/images/Documents/SSG.pdf>

Physical Well-being

It is important that your child remains as active as possible during the school closure.

The following link has been made available to students to support physical activity, please encourage your child to access it regularly (at least twice per week)

<https://www.youtube.com/user/thebodycoach1>