



Charlton Park Academy

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Principal: Mark Dale-Emberton www.charltonparkacademy.com Follow us @Charltonsch

13 May 2020

Dear Parents/Carers,

I hope you and your family are keeping safe and well during these challenging times and that your son/daughter is coping with the new challenges during these unprecedented times.

I just wanted to let you know that I can be contacted by email everyday so if you have any concerns or questions then please do not hesitate to contact me directly:

email. sjohnson@charltonparkacademy.co.uk

tel. 020 8249 6844 ext. 261

We are working in partnership with City Lit who are offering a new weekly **Free** ONLINE parent/carer course '*Mindfulness through craft*' which started on Monday 11 May 2020, from 11am-12 noon. If you would like to join us please email me so I can add you to the list.

We are also organising a weekly 'Virtual' coffee meeting for parents/carers starting on Friday 22 May from 10 - 11am. All welcome.

Also, we have put together a '[mindfulness slideshow.pdf](#)' for parents/carers and students which can also be found on our website: www.charltonparkacademy.com/parent-carer-support-group/
Plus, please see the useful links on the continuing pages of this letter.

CPA Library

If you would like to have some books from the school library for your child to read independently or with you then please email our librarian, Caroline: cfielding@charltonparkacademy.co.uk with your child's name and a bit of detail about their likes/dislikes (and reading levels if known). She will put together a pack for them which I can deliver if your child is not in school. There is no pressure to return these books. www.charltonparkacademy.com/library-resources

Yours sincerely,

Sara Johnson

Parent Liaison and Support



Useful Links:

Please see below a list and link to support you at this time – all links are related to wellbeing during these challenging times:

NHS general information and advice

www.nhs.uk/conditions/coronavirus-covid-19

Government guidance on shielding and protecting people defined on medical grounds as extremely vulnerable from Covid-19

www.gov.uk/government/publications

Coronavirus and Benefits Guidance

www.turn2us.org.uk/get-support/Benefits-and-Coronavirus

National Register for People Who Are Extremely Vulnerable

www.gov.uk/coronavirus-extremely-vulnerable

Carers UK: Information, Help and Support

Carers UK Helpline: 0808 808 7777 Mon-Fri, 9am-6pm or by emailing advice@carersuk.org

www.carersuk.org/help-and-advice/coronavirus-covid-19

Support Line: General information and resources for Carers

www.supportline.org.uk/problems/carers

Rethink: Advice for Carers of those with Severe Mental Illness

www.rethink.org/news-and-stories/blogs

Government information: Supporting Disabled People Through the Coronavirus Outbreak

www.gov.uk/government/publications/supporting-disabled-people-through-the-coronavirus-outbreak/

Disability Rights UK

www.disabilityrightsuk.org/coronavirus

MENCAP

www.mencap.org.uk/advice-and-support

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Support: Children and Young People

Government Advice on Vulnerable Children and Young People

www.gov.uk/government/publications

Childline: Information and advice on the Coronavirus

Helpline: 0800 1111

www.childline.org.uk/info-advice

Save The Children:

www.savethechildren.org

Relaxation activities to do at home with kids

The Mix

Support and information to the Under 25s

Everything you wanted to know about the Coronavirus and fun things to do at home

www.themix.org.uk

Young Minds:

youngminds.org.uk

Support for Young People and Parents

BBC Newsround:

www.bbc.co.uk/newsround

Information, advice, games for children and young people

Childhood Bereavement Network: Supporting Children and Young People

www.childhoodbereavementnetwork.org.uk

NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

Government Advice on Mental Health and Well Being

www.gov.uk/government/publications/covid-19-guidance

Government Advice on Looking After Your Feelings and Your Body

assets.publishing.service.gov.uk/pdf

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NHS Breathing Exercise for Stress

www.nhs.uk/conditions

MIND

www.mind.org.uk/information

Some Self Care Advice from the Anna Freud National Centre for Children and Families

www.annafreud.org

Ways to help support children and young people who are worried

www.annafreud.org