

23rd October 2020

Dear Parent/Carer,

End of half term: 23rd October 2020

As the first half term of the year draws to a close, I want to personally thank you for your continued support. The positive messages we have received from parents and carers have kept us going, and it is wonderful to be part of such a positive community.

I can honestly say that this has been one of the most difficult half terms that I have known in all my years of teaching, and I know you are feeling the pressure that the pandemic has brought at home and in your workplaces.

The resilience and adaptability of our students, in the face of so much uncertainty and disruption, has been an inspiration to me and my team. They are carrying on with their learning despite the difficult circumstances and have adapted to our new ways of working very quickly. I wish to reassure you that we are doing everything we can to keep your child safe in the Academy.

I hope that your child has an enjoyable break and that you and your loved ones all stay safe and well.

Should your child develop Covid symptoms and has a test during the break, please keep us informed. The telephone line will not be staffed over the half term break, so please e-mail admin@manchesterhealthacademy.org.uk. This e-mail address will be monitored so that we can start the new half-term up to date.

It is really important that you keep the Academy up to date about any positive Covid tests during half term so that we can make arrangements and adaptations ready for starting teaching on the first day back. If your child experiences symptoms PLEASE DO NOT send them back to the Academy until they have had a negative test.

I am very conscious that everyone's mental health and wellbeing are under pressure, as well as financial and other practical considerations. If your child is eligible for Free School meals, you will receive a separate letter about this.

Overleaf is a list of resources that can offer you and your child mental health support. The links to these are on our Coronavirus information page on the Academy's website at www.manchesterhealthacademy.org.uk.

Yours faithfully,



Mr K Green
Principal



ChatHealth Service

Students can text #ChatHealthNHS to 07507330205 and they will receive a reply. The service enables young people to send a text from a mobile device which is received by a school nurse who responds via a desktop computer. This allows the young person to ask questions which they may feel uncomfortable to ask face to face and is available during the holidays as well as in term time.

This website has some fantastic self-care resources:

[AnnaFreud](#)

The following organisations offer support with mental health and anxiety issues:

[ChildMind](#)

[Young Minds](#)

[CDC – Anxiety](#)

[Autism Speaks](#)

[Mental Health Europe](#)

[The Children’s Society](#)

[Mind](#)

[NHS advice and guidance to support anxious teens](#)

