



Headteacher: Miss Caitlin Macrae
24th March 2020

Dear Parent or Carer

The school nursing team have asked us to make you aware of the following information:

Following the recent coronavirus outbreak, the **Health for Kids** and **Health for Teens** websites have been updated with information about the coronavirus. These webpages provide children and young people with **age-appropriate information to explain the coronavirus** and the things they can do to help stop the spread of the virus and look after themselves physically and emotionally during this unsettling time.

Health for Kids

<https://www.healthforkids.co.uk/staying-healthy/what-is-coronavirus/>

Health for Kids: Grownups

<https://www.healthforkids.co.uk/grownups/healthy-minds/talk-children-coronavirus/>

Health for Teens -

<https://www.healthforteens.co.uk/health/coronavirus/what-is-coronavirus/>

<https://www.healthforteens.co.uk/health/coronavirus/3-ways-to-stay-up-to-date-with-schooling/>

<https://www.healthforteens.co.uk/health/coronavirus/ways-to-deal-with-coronavirus-linked-anxiety/>

Kind regards

The Highfield School