

24th April 2020

Dear Parents and Carers

I hope that you are keeping well during this period of lockdown and are coping with this unprecedented situation. This is, understandably, an uncertain and worrying time for all of us.

The following online resource, Zumos, has been designed for adults or for adults to use with children to support feelings of stress, worry, anxiety and fear during these concerning times. The resource is currently free to use and does not require registration or log-in and has the aim of supporting overall mental well-being.

Zumos is an online resource which will be providing daily videos and audios to support mental well-being over a seventy-day period. The programme is divided into four steps: the daily well-being programme, how to be happy, 'me time' and a section on anger management.

Please access the following link if you feel that it might provide support at this challenging time.

<https://www.zumos.co.uk/Wellbeing.aspx>

Kindest regards

Laura Summers

PSHE Co-ordinator