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Dear Families,

The news that all children will be returning to school in September was welcomed by us all this week. We are currently reading the guidance for this return and carefully planning how to organise this. We want all of our academies to be as safe as they possibly can. We realise that there are some risks to reopening and all Heads are completing risk assessments to consider the mitigating factors. We will send an update next week to explain the organisation for all of our academies.

Supporting children returning to school after the lockdown- tips for parents and teachers:

<https://nipinthebud.org/returning-to-school-after-the-lockdown/>

Surrey CAMHS has produced some webinars which are posted on Youtube to support parents in helping their children to manage anxiety with current COVID and Lockdown circumstances in mind. Their letter and links to the webinars are in the attached document.

Message from Michael Gove MP

Our local Surrey Heath MP has made a Facebook film about how schools are operating at this time and why schools are not able to take back all pupils. If you are on Facebook and would like to see it, the link is:

http://m.facebook.com/Gove2019/videos/?ref=page_internal&mt_nav=0

Yours sincerely

Christine Dickinson
CEO The Kite Academy Trust



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Dear Parents,

During these unprecedented times, we are aware that many young people may experience heightened anxiety. Although some of this anxiety is normal, we are aware that these feelings may be new and unpleasant. We have therefore, created some webinar presentations to support you as parents, in supporting your child(ren) with understanding anxiety, and some strategies to manage anxiety with the current circumstances of COVID and Lockdown in mind.

Each webinar is under 25 minutes long and can be paused at any time. We recommend that you begin by watching the 'What is Anxiety?' and 'Strategies to Manage Anxiety' webinars, as these will provide a general understanding, and may be referred to in the other webinar presentations.

Each presentation has an online evaluation form which we would be grateful if you could complete. It should take you no longer than 2 minutes. During these evaluation forms, we ask if you would like to be invited to a live, virtual question and answer session with a CAMHS professional. This Q&A is a chance to ask questions about the content of the webinar and gain further understanding about your child's anxiety and how to access support.

The webinars can be watched using the YouTube links below – these are private videos so can only be access via these links. You can access the YouTube Playlist [here](#). We hope that you find these webinars helpful in supporting you through these difficult times.

Best wishes,

CAMHS Early Intervention Team
