



THE BUCKINGHAM SCHOOL

A SPECIALIST SPORTS COLLEGE

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Headteacher: Mr A McGinnes

01 June 2020

Dear Parents / Carers

The challenges and difficulties experienced by our students are extraordinary and there was little time to prepare them for the strange times we now face. We are in no doubt there will be many months to follow that will raise many questions and uncertainty for them.

Students and parents are encouraged to reach out to anyone of us at School for support. Please don't hesitate to contact us on any of the email addresses below:

Studentfirst@buckinghamsschool.org

safeguarding@buckinghamsschool.org

antibullying@buckinghamsschool.org

There is a wealth of new and relevant information specific to the Covid-19 Pandemic which you may find useful, from Health of Teens:

Health for Teens

- What is Coronavirus?:
<https://www.healthforteens.co.uk/health/coronavirus/what-is-coronavirus/>
- Ways to deal with Coronavirus linked anxiety:
<https://www.healthforteens.co.uk/health/coronavirus/ways-to-deal-with-coronavirus-linked-anxiety/>
- 3 ways to stay up-to-date with schooling:
<https://www.healthforteens.co.uk/health/coronavirus/3-ways-to-stay-up-to-date-with-schooling/>
- How to make yourself a calming kit:
<https://www.healthforteens.co.uk/health/coronavirus/how-to-make-yourself-a-calming-kit/>
- Staying active during the Coronavirus outbreak:
<https://www.healthforteens.co.uk/health/coronavirus/staying-active-during-the-coronavirus-outbreak/>
- Looking after your emotional health during the Coronavirus outbreak:
<https://www.healthforteens.co.uk/health/coronavirus/looking-after-your-emotional-health-during-the-coronavirus-outbreak/>
- What is Social Distancing?:
<https://www.healthforteens.co.uk/health/coronavirus/what-is-social-distancing/>

Health for Kids

- What is Coronavirus?:
<https://www.healthforteens.co.uk/health/coronavirus/what-is-social-distancing/>

The Buckingham School is concerned that every student should have the opportunity to attend school activities/obtain equipment, regardless of their financial circumstances. As such, it may be possible to subsidise those students who would otherwise be unable to attend trips/purchase items. Please feel free to write in confidence to Mrs K Bones at kbones@buckinghamsschool.org, if you wish to seek assistance, or obtain more information about Pupil Premium funding.



Health for Kids: Grownups

- Download our 'Health for Kids: Looking after yourself' kit:
<https://www.healthforkids.co.uk/grownups/healthy-minds/download-our-health-for-kids-looking-after-yourself-kit/>
- Top tips for effective hand washing:
<https://www.healthforkids.co.uk/grownups/healthy-bodies/top-tips-effective-hand-washing/>
- Useful resources for children at home:
<https://www.healthforkids.co.uk/grownups/healthy-minds/useful-resources-children-home/>
- How to talk to your children about Coronavirus:
<https://www.healthforkids.co.uk/grownups/healthy-minds/talk-children-coronavirus/>

As always, should you have any questions or need our support, please do not hesitate to contact us.

Stay safe, stay well and be kind.

Yours faithfully

Paula Matthews
Counsellor and Therapeutic Mentor
pmatthews@buckinghamsschool.org
studentfirst@buckinghamsschool.org

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