

Reigate School

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24th April

Dear Parents and Carers

During this difficult time, I wanted to reach out to let you know that, even though our school is currently closed to all but a few children, we're still here to support your child and your family in whatever way we can.

You might be noticing signs of increasing anxiety in your child as they're spending more time indoors and outside of their normal routines. These might include:

- Acting out – this might include things like picking fights with you or with siblings.
- Becoming afraid to leave the house.
- Distancing themselves from friends and family.
- Exhibiting intense emotions but being unable to talk about what they're feeling.

We've put together some resources to help support families and hope you find this information helpful.

If you have any concerns about how your child is coping or you need any other support from the school, please contact their head of year via e-mail or show my homework.

We're extremely grateful for all the support you've shown us as we've adapted to these new circumstances, and we want to reassure you that we are still here to support you too. We can and will get through this together.

Kind regards



Mr Alexander
Head of School