

Good morning

Welcome to all of the children who haven't been in school recently, and also to the ones who have. We are excited to see you all.

I am sending some information to you that I hope you find helpful. Please don't feel I am suggesting that you are not aware of your child's needs, but more a useful tool to anyone who would like to look into this;

On Monday 22 February, Public Health England (PHE) launched a new online Psychological First Aid (PFA) training course on how to provide practical and emotional support to children and young people affected by coronavirus, or other emergencies or crisis situations. The course will equip those completing the training to better identify children that are in distress and provide support to help them feel safe, connected and able to take steps to help themselves. Prior knowledge or experience is not required as this introductory course will teach you the key principles of giving PFA to children and young people in crisis situations. The course is free and available for all frontline workers such as teachers, health and social workers, charity and community volunteers and anyone who cares for or is regularly in contact with children and young people aged up to 25, **including parents and caregivers.**

It takes about three hours to complete (split into three sessions that the learner can complete at their own pace) and no previous qualifications are required. On completion, participants will have an understanding of what Psychological First Aid is, be able to identify who would benefit from support and how best to give help across the different age groups and also for those who might need extra support because of different needs.

Sign-up for the training:<https://www.futurelearn.com/courses/psychological-first-aid-covid-19>

I hope you have a good day

Take care and stay safe.

Kerrie Bennett
Pastoral Support