

Our Ref:
Your Ref:
Contact:
Tel: 0141 577 2100
Email: schoolmail@barrhead.e-renfrew.sch.uk
Date:



2nd April 2020

Barrhead High School
Aurs Road
BARRHEAD
G78 2SJ

Dear Parent/Carer,

We are all finding ourselves in a very different and challenging situation at this time. School provides a routine and structure to a young person's day which, when not there, can be unsettling. There is no doubt that that given our current situation, the weeks and possibly months ahead are likely to become increasingly challenging. To help support your child's mental health we have added links to digital resources on our school website which you may find useful in promoting positive mental health.

This period has the potential to result in a significant disruption to your child's education and we are all working very hard to minimise the impact of this. At this time we strongly encourage all our young people to be making full use of Google Classroom and Show My Homework, where they will find allocated work, which can be completed and submitted electronically. Not only will completing the work help pupils consolidate their learning, it will help add structure to their day and keep them in good study habits for their return to school. Staff are continually updating and adding new resources and we are monitoring pupil engagement. Many of our young people are already participating fully. It is important therefore that you are encouraging your child to log onto Google Classroom and SMH to complete their lessons - please check regularly that they are doing so.

Our pastoral team are working very hard to check in with each of our families but this will take time. If no one has yet made contact and you have a question or concern you would like to discuss, please email us on schoolmail@barrhead.e-renfrew.sch.uk stating your child's name and your name. Your child's pastoral teacher or year head will get back to you.

If you have changed your contact details please let us know via school mail.

Stay healthy, stay safe

Andy Sinclair

Some Useful Links:

- Parent helpline; 08088025544
- Children and Young People: www.youngminds.org.uk
- Mental Wellbeing and COVID-19 – SAMH – www.samh.org.uk
- How to look after your mental health – www.mentalhealth.org.uk
- General Anxiety: www.anxietyuk.org.uk Text service 07537416905

N.B. If you have a serious concern regarding your child's wellbeing during this period, please contact your family doctor for advice.



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