



Spalding High School

Stonegate, Spalding, Lincolnshire, PE11 2PJ
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Headmistress Mrs M Anderson B.Ed

19th March 2020

Support for emotional well-being

Dear Parents/Carers

During this difficult time, the following links may be useful to you in providing guidance in supporting your child:

www.Lincolnshire.gov.uk/ewb

<https://www.childline.org.uk/>

<https://www.kooth.com/>

<https://youngminds.org.uk/>

<https://www.lpft.nhs.uk/>

Advice and guidance for students can be found on pages 27-29 of the Y7-11 school planner and pages 21-22 of the Sixth Form planner.

If you are concerned about the emotional well-being of your child, in an emergency, please contact Children's Services, NHS 111 or dial 999.

Children's Services: 01522 782111

Yours sincerely,

Mrs A Schwarz
Head of Main School

Mrs F Haunch
Head of Years 11-13

Mrs L Hebblewhite
SEND CO