



An All-through Co-operative School
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Monday 1st March 2021

Dear parents and carers,

Re: Coronavirus: Signs and symptoms of trauma in children and young people

It is sometimes difficult to distinguish between 'normal' reactions that children and young people may have to abnormal situations (such as what we all have experienced during this pandemic) and reactions that could be considered to be more traumatic.

I have attached a web link below that will direct you to a short, 6 minute video, which provides some clear distinctions between 'normal' reactions and reactions that may need additional support. The presenter, David Trickey is someone that I have worked with in the past and am currently working with this year again. I think that the advice and guidance that he gives is simple and clear and he is very knowledgeable about his field.

<https://uktraumacouncil.org/resource/signs-and-symptoms-of-trauma-in-children-and-young-people>

Additionally, I attached a PDF to this letter which gives us all 6 principles for promoting psychological recovery and wellbeing in children and young people. This pandemic has been a very difficult period for us all, but some children and families have had a harder time than others and have had to deal with more difficulties than others. Saying this, we have all experienced loss of numerous kinds throughout the past year and we all need to recover from these losses. I hope that the PDF will help parents and carers to be able to support their children recover and thrive following the difficult year we have all had.

I hope that you will find this information helpful to you and your families.

Thank you all for your continued support.

Yours sincerely

Mr K Atkinson (Head of the Lower School)



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