



Aiskew, Leeming Bar Church of England Primary School

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Dear Parents/Carers,

Mrs McKnight has been on a course (remotely) and would like to make you aware of some of the great apps that are available to support children's wellbeing at this time. If the children use them, it would be great if they could give us feedback on Seesaw as to how useful they are.

Mrs McKnight says that you will need to choose what you want your child to use as some of the apps encourage physical activity and some encourage calmness, there are even some to help with sleep.

<https://www.internetmatters.org/resources/wellbeing-apps-guide-for-kids/>

We hope you find them useful.

Kind regards

A handwritten signature in black ink that reads "Bethany Stanley". The signature is written in a cursive style.

Bethany Stanley
Headteacher