



28<sup>th</sup> November 2022

Dear Parents/Carers

### **Cost of Living Crisis**

The cost of living crisis is posing some real challenges and it is no different for some of our own school community, most especially at this time of year.

Essex have produced the following [newsletter](#) to give guidance around some of the help and support that is available with regard to the cost-of-living crisis. Support can also be found on their [Cost of Living Hub page](#).

There are also different Food Banks available:

[The Trussel Trust](#) – Epping Forest Schools Partnership schools are able to make referrals for this, so please contact myself, Jo or Mrs Smith if this might help.

[3food4u](#) is a walk in centre. There are several sites and no referrals are needed.

Please also remember our pre-loved school uniform rail. This is available on a Thursday and we simply invite for a donation if possible.

Most importantly though, if you think school might be able to help at all in any way, please feel able to speak in confidence to myself, Jo in the office or with Mrs Smith.

Yours sincerely

A handwritten signature in black ink, appearing to read "Sarah Hurwood". The signature is written in a cursive style with a long horizontal stroke at the end.

Sarah Hurwood  
**Headteacher**

