

Tune in on Tuesday

Wheelwright Lane Primary School Newsletter

Issue 29: 14.04.2020

www.wheelwrightlane.warwickshire.sch.uk

School Updates

Staff continue to keep the school open for children of key worker families and vulnerable children. The school office is open and please continue to ring in if you need to speak to a member of staff. Please leave a message if it goes to answerphone and someone will get back to you.

Thank you to all the families who have kindly donated chocolates and drinks for the children and staff attending school. Also thank you to all those volunteering their support for the school - we will contact you if we need further support. Your generosity and kindness have been uplifting - thank you.

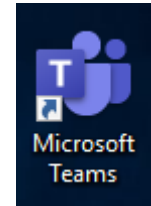
We all hope that our families are keeping well and staying safe.

Continuing Education

I know that many of the children are continuing their learning by completing tasks set by teachers and engaging with the on-line learning that has been set. Thank you for helping with setting up the systems we have and persevering when hitting obstacles. Most of you and the children will be ready to start their learning again after the two week Easter break. I have asked the teachers to put in timetables after Easter as a guide to supporting you and the children.

However, as it is the Easter holidays, we would like to wish you all a peaceful two weeks and a Happy Easter. Please enjoy the lovely

weather and your time together - really important to do this.



If you have any issues downloading the Teams then please contact the school and we will support.

Ensuring safety on-line

It is really important that while we are working in a 'home tutoring' style that children and parents/carers understand their responsibilities. We need to ensure that a professional learning environment is created at home - similar to the professional environment in school. 'Teams' is not a social chat forum but a learning platform so please remind your children that when 'chatting' across the network they are talking to their teachers just like they would be in the classroom.

I attached guidance on last week's newsletter to support home-learning. Please refer to the notices from last week.

Protective Behaviours

Almost every child who attends a Warwickshire primary school has the benefit of the Protective Behaviours curriculum. This helps children to identify when they do not feel safe or comfortable. Part of that work includes helping children to identify their personal network of trusted adults, who they could talk to if anything was worrying them or leaving them feeling unsafe.

I am **attaching** some guidance for you to talk to your children about who they could speak to if they felt they needed to share something with them. Please help the children feel they have someone, other than their parents, who they can talk to.

School Health and Well-being Service - Compass

A health and wellbeing update from your school nurse team:

During the Coronavirus outbreak, the Warwickshire School Health and Well-being Service are still available to provide support - even if this may be given in a different way to usual! As such, the team will now be sending a weekly update to schools, where they will share resources, helpful tips, and relevant news and details of the support available for pupils and parents/carers.

Please see **attached** leaflets (2).

Warwickshire County Council Coronavirus support line

Warwickshire County Council have set up a coronavirus helpline for parents/carers. Please take a look.

<https://www.warwickshire.gov.uk/coronavirus>

Please contact if you are unsure about anything or would like answers to any questions you may have.

Free School Meals

If you are entitled to FSM then please sign up using the links on the school website. Once you have been accepted we will be notified and be able to forward supermarket vouchers (now takes the place of FSM).

We have received Government guidance regarding the voucher scheme and all parents who qualify have been contacted - please check your emails.

There is also support available from the Warwickshire Welfare Service with regards to energy bills and other financial assistance. Please look at the website:

<https://www.warwickshire.gov.uk/localwelfare/scheme>

Family Information Service

Please check out the latest information from the FIS.

<https://www.warwickshire.gov.uk/childrenandfamilies>

Local foodbank

Changes regarding the Bedworth Foodbank: with the onset of the Coronavirus we now have to make a number of changes to the way we offer our services.

From tomorrow (Wednesday 18th March) we will be running the foodbank from the Life Church premises **only** on Tuesdays and Thursdays 12.00 - 2.00.

BUILDING A CORONA VIRUS LOCKDOWN PERSONAL NETWORK

Many children will feel very unsettled by the change of routine and lack of social contact that has been thrust upon them. They will have lost a lot of people who they are used to having day to day contact with who listen to them, believe them and help them feel valued and safe. It's a kind of bereavement. Some of the children affected in this way may not be children who ordinarily experience any additional challenges or difficulties.

Almost every child who attends a Warwickshire primary school has the benefit of something called Protective Behaviours curriculum. This helps children to identify when they do not feel safe or comfortable. Part of that work includes helping children to identify their personal network of trusted adults, who they could talk to if anything was worrying them or leaving them feeling unsafe.

The Corona virus lockdown is challenging everybody in all sorts of different ways, many of which we may never have anticipated. That includes children.

May I therefore ask you to encourage and support your child/children to build a new personal network for the duration of the lockdown. The 'rules' are slightly different from what they have been taught before where face to face contacts were important.

A personal network is a group of people chosen by the child who they trust. It includes people who they love to tell their good news stories to, as well as emergency services and anyone else who could help them if they needed it. They can draw around their hand & follow the guidelines here.

We know children will often prefer to check worries out with people other than their parents because they don't want their parents to worry about them, or they fear they may feel disappointed in them or get cross! At school, teachers are asked not to influence who children choose to be on their personal network. It is important that your child feels free to choose the adults they want on their network.

Please enable and encourage your children to have video and phone contact with those who are important to them during this time at home.

Please reiterate how to call the emergency services, how to ask for help, give their address etc. There have been lots of publicised examples of children as young as 3 years calling 999 when a parent has been ill or got into other difficulties. Perhaps you could role play to practise this?

Thank you for all you are doing to help your child/ children feel safe at this extraordinary time. Hoping you all stay well and safe for the duration.

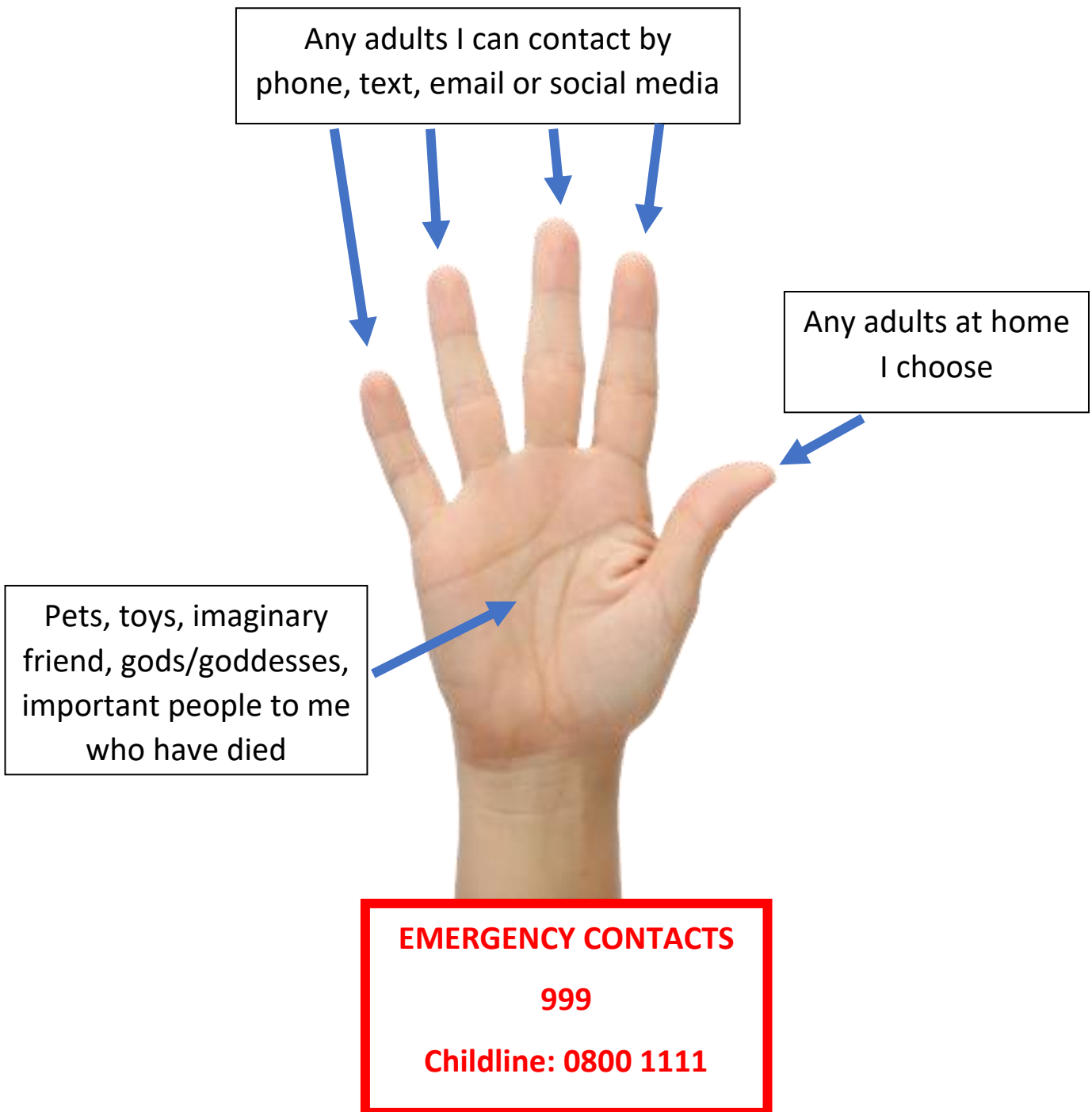
Best wishes,

Ann Seal

Taking Care Scheme Manager, WCC Education Safeguarding Service.

MY CORONA VIRUS LOCKDOWN PERSONAL NETWORK

People I may choose to be on my personal network during lockdown are any adults at home and any other adults I could contact by phone, text, email or social media





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Useful links

Coronavirus (COVID-19) guidance: nhs.uk/conditions/coronavirus-covid-19

Information for Warwickshire families: warwickshire.gov.uk/fis



Activities during social distancing:
cutt.ly/cbeebies-indoor-activities
cutt.ly/kids-nature-activities
cutt.ly/joe-wicks-pe

Resources for home learning: twinkl.co.uk/home-learning-hub

★ Top tips for... Practicing mindfulness!

It can be so easy to take notice of our negative thoughts that we miss taking notice of the present and the good things. Mindfulness means giving attention to our environment and ourselves. It helps you focus on the present and see what is beautiful and unusual in the world. It is being aware of your thoughts and feelings as they arise, without ever getting lost in them.

Mindfulness to try at home:

-  While eating, pay attention to your senses: the smell, taste and how it feels.
-  Try a walk or run without a phone or music and take notice of your surroundings.
-  When you brush your teeth, can you taste the toothpaste, is it hot/cold, what does the brush feel like on your teeth?



This week's feature: mental health and wellbeing

Between worries about health, social distancing, and major changes to school life, children and young people (and parent/carers too!) may be finding it harder to take care of their mental health and wellbeing. The good news is there are lots of organisations here to help and provide resources. Here are some links where you can find support with mental and emotional health:

For children and young people

Young Minds coronavirus support: cutt.ly/young-minds-coronavirus

RISE: cwise.com

For parents/carers

Coping calendar: actionforhappiness.org/coping-calendar

Advice from BACP on coping with anxiety about the outbreak: cutt.ly/anxiety-about-outbreak

Courses for all ages about Coronavirus, including managing mental and physical health: recoverycollegeonline.co.uk/your-mental-health/coronavirus

Your school nurse team is here to help!


We know these times can be unsettling for children, young people and families. Whether you/your child is at home or in school, our school nurse team is here to provide support with any concerns or queries relating to health and wellbeing. Please get in touch via the following channels for free, confidential advice.

Parents/carers

 Service mainline: 03300 245 204

 Text Parentline: 07520 619 376

Children/young people 11-19 years

 Text Chathealth: 07507 331 525

Just a quick question that's been on my mind the past few days

No problem, we're here to help. What's on your mind?





Happy Easter!

Warwickshire School Health Update
w/c 06.04.2020

Compass



A health and wellbeing update from your school nurse team

The Warwickshire School Health & Wellbeing Service is still here to provide support - even if this may be given in a different way to usual! Here's our latest newsletter with useful links, wellbeing advice, and details of how you can get help when you need it.

Useful links

Coronavirus family guidance

Coronavirus (COVID-19) guidance:
nhs.uk/conditions/coronavirus-covid-19

Information for Warwickshire families:
warwickshire.gov.uk/fis

Support accessing food:
cutt.ly/accessing-food-advice

Activities to do with children during social distancing and self-isolation

cutt.ly/cbeebies-indoor-activities

cutt.ly/kids-nature-activities

cutt.ly/free-craft-activity-packs

cutt.ly/bbc-home-activities-for-kids

Keeping families active at home

cutt.ly/joe-wicks-pe

cutt.ly/dance-with-oti

Emotional and mental health resources

For children and young people
Young Minds Coronavirus support:
cutt.ly/young-minds-coronavirus

RISE resources: cwrise.com

For parents/carers

Coping calendar:
actionforhappiness.org/coping-calendar

Advice from BACP on coping with anxiety about the outbreak:
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Coronavirus courses for all ages which cover managing mental & physical health
recoverycollegeonline.co.uk/your-mental-health/coronavirus



This week's feature: Stress Awareness Month 2020



April is Stress Awareness Month. With everything happening at the moment, we think it's a really important time to talk about stress, including how to recognise and deal with stressful situations.

What is stress?

Stress is our bodies reacting to a situation we see as a potential threat. This response, also known as our 'flight or fight' response, can be useful as it can keep us alert and help us avoid the threat. However, when the situation causing the stress isn't resolved quickly, it can give us negative feelings. This might include headaches, a bad stomach, pains in our chest, and/or mental and emotional problems like anxiety, panic attacks and feeling angry or sad.

Recognising when you feel stressed

Lots of situations can cause stress. Arguing with friends or family, taking exams, or a life event like starting a new school are just a few possible examples. Coronavirus might make you feel stressed because you are worried about a family member, or because you don't know how long you will have to stay at home for. It's important to remember the situation is temporary and that most people who get the virus don't have serious symptoms. But it's still a difficult time, so be kind to yourself: do some baking, watch your favourite film, or do something else you enjoy.

What to do if you feel stressed

Stress can often make it hard to think clearly. The STRESS anagram can help you process your feelings and cope with the situation:

- S** = **STAND BACK.** Try to remove yourself from the stressful situation.
- T** = **TAKE A DEEP BREATH** and count to 5. 
- R** = **RELAX.** Do something that relaxes you, like singing or drawing.
- E** = **EXERCISE.** Go for a walk, or put on some music and dance around! 
- S** = **SLEEP.** A good night's sleep can improve your mood.
- S** = **SPEAK.** Talk to someone, share your emotions, and ask for advice if needed. 

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www.compass-uk.org/services/warwickshire-school-health-wellbeing-service