



Wednesday 1 April 2020

WEEKLY NEWSLETTER

Thank you!

Thank you all for your continued support at this challenging time for everyone. I hope that you are all keeping well, both physically and mentally during these unprecedented times and that you are coping with a very different way of life. It was lovely to speak to some of you on the phone last week, and hear about the activities you are completing at home. With regards to home schooling, you need to just make things work for you and your family. This will look very different for everyone so please try not to get stressed about things. Teachers are sharing daily challenges on Class Dojo, so please take the time to read these posts every morning. Take care and stay safe. If you need anything at all during this difficult time for all, please do not hesitate to contact me or the class teachers using Class Dojo. Hopefully receiving this weekly newsletter will keep you updated with all the information you need.

IT IS WONDERFUL TO SEE THE HOME LEARNING
POSTS YOU ARE UPLOADING ON CLASS DOJO.
CLASS TEACHERS ARE DELIGHTED WITH YOUR
EFFORTS. THANK YOU!
PLEASE KEEP SHARING!!!

Home schooling & Working from Home

Home schooling and working from home can be a challenge, especially when it is not the norm for you and your family. Here are a few tips which might be useful:

Stay positive, don't be too harsh on yourself or your child... just do your best. Ofsted will not be visiting you!

Develop a daily routine and create a learning schedule which works for you and your family. Try and maintain some links to your child's usual school experience,

consider setting break and lunch times. If possible, allocate specific work spaces. This way you can primarily associate this space with learning, and will find it easier to switch off when in other areas of the house.

Ensure that you have **realistic expectations** about what you can achieve and avoid putting unnecessary stress on you and your family. Remember this is not your normal daily life so be flexible and expect the unexpected!

Take time to relax, have a varied and balanced diet and partake in physical exercise. Meditation and breathing exercises can be very useful for reducing stress. If things aren't working out, don't be harsh on yourself or your child. Try things in a different way and tweak what you are doing to make things work for you and your family.

FREE SCHOOL MEALS ELIGIBILITY

If your child is eligible for Free School Meals (not the same as universal infant free school meals) you will receive a £15 meal voucher to spend in a supermarket in the post for every school week. If you think you might be eligible for free school meals, please use the following link to apply: <https://www.gov.uk/apply-free-school-meals>

Be creative. This is your opportunity to inspire your child and foster a love of learning. Swap over the pupil/teacher roles and get your child to teach you or their siblings something. This is a great way to check their understanding and they will love being in charge! They can plan their lesson and teach it however they want.

Put your family's **well-being** at the top of the list of priorities. Home schooling and working from home requires a lot of patience and flexibility.

Reporting Safeguarding concerns

If you have any safeguarding concerns, please do not hesitate to contact a member of the school's safeguarding team by emailing enquiries@poplarfarmsch-cit.co.uk The websites below will also be able to support you.

Urgent Concerns Lincolnshire County Council - <https://www.lincolnshire.gov.uk/safeguarding/report-concern> If you have urgent concerns for a child, or suspect that a child has been abused in any way, you can also report a safeguarding concern to Lincolnshire County Council Children's Safeguarding by calling 01522 782111. If you require an urgent response outside of working hours, please call 01522 782333. In an emergency, call 999.

Other sources of help:

Childline www.childline.org.uk Comforts, advises and protects children 24 hours a day and offers free confidential counselling. Phone 0800 1111 (24 hours) Chat 1-2-1 with a counsellor online.

Kooth www.kooth.com Is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free to access.

Young minds www.youngminds.org.uk Advice and information about young people's mental health including information on CAMHS and what the next steps to seeking support are.

Samaritans www.samaritans.org 24 hour confidential listening and support for anyone who needs it. (Adults included.) Phone 116 123 (24 hours) Information and support for mental health issues.

Harmless www.harmless.org.uk provides a range of advice and support about self-harm, people who self-harm, their friends and families. Phone 0115 934 8445.

B-eat www.beateatingdisorders.org.uk The UK's eating disorder charity. They have online support groups and a helpline for anyone under 18. Phone 0345 634 7650 (4pm – 10pm 365 days a year) Email fyp@b-eat.co.uk.

The Mix www.themix.org.uk Information, support and listening on everything for young people. Phone 0808 808 4994 (24 hours), get lots of support online.

Frank www.talktofrank.com Confidential information and advice about drugs and substance abuse, whether it's for you or someone else. 0800 7766 00 (24 hours, won't show up on your phone bill).

NSPCC www.nspcc.org.uk this website has a range of support for Parents/Carers. Phone 0808 800 5000 - main NSPCC helpline (call if you're worried about a child or if you need more information).