



BEARWOOD Primary and Nursery School

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Learning, Enjoying & Succeeding Together

Thursday 14th May 2020

Dear Parents/Carers,

I hope that you and your families are keeping well. We are aware that as the government are relaxing some of the rules around lockdown, some of you will have anxieties regarding your children returning to school. We are working very hard to ensure that the school will be a safe environment for them to return to and we will update you with further information soon.

In the meantime, we wanted to signpost you to further information that you can access that may be helpful.

Government information regarding school

The government have issued two documents regarding school closures, the first is 'What parents and carers need to know about schools, colleges and other education settings during the coronavirus outbreak':

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers>

The second is 'Opening schools and educational settings to more pupils from 1 June: guidance for parents and carers':

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/reopening-schools-and-other-educational-settings-from-1-june>

The Department for Education also has a coronavirus helpline that is available to answer questions about COVID-19 relating to education and children's social care. Parents and young people can contact this helpline as follows:

Phone: 0800 046 8687

Opening hours: 8am to 6pm (Monday to Friday), 10am to 4pm (Saturday to Sunday)

Support with home learning and parenting

Coronavirus has put extra pressure on families, so Action for Children are offering online parenting support. They provide information on where to go for help, how to keep your children entertained at home and much more. <https://www.parents.actionforchildren.org.uk/covid-19-advice-support>.



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Number 10286967

Registered office Unit E, The Mill Yard, Nursling Street, Nursling, Southampton, England, SO16 0AJ
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If you have questions about parenting Action for Children have online coaches that are available for free, confidential 1-1 live chat. For more information, visit <https://talk.actionforchildren.org.uk/>.

The NSPCC has a wealth of information available to you from talking to children worried about Coronavirus to help dealing with tantrums at <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

For parents and carers who have concerns or queries about educating their children at home, StarLine can help by:

- Providing access to a team of qualified teachers, education and parenting experts.
- Focussing on providing practical ideas, support and reassurance.
- Offering tips, techniques and resources to enable parents to give their children the support they need to continue learning while schools are closed.
- Supporting family wellbeing and mental health.
- Covering all phases of education and subjects plus behaviour, pupil wellbeing and SEND.

It provides free, confidential advice is available six days a week by phoning the StarLine team on 0330 313 9162. For more information, visit www.starline.org.uk or follow [@StarLineSupport](https://twitter.com/StarLineSupport) on Twitter.

Supporting the mental health and wellbeing of your family

If you are self-isolating or vulnerable and need help buying food, BCP council are able to help. They can also support you if you are struggling to pay for food. Further information can be found at: <https://www.bcpCouncil.gov.uk/News/News-Features/COVID19/Find-help-or-help-your-community/How-to-get-help/Food.aspx>

Every Mind Matters platform has a range of new resources, including a tailored COVID-19 Mind Plan, and specific content for mental wellbeing issues. <https://www.nhs.uk/oneyou/every-mind-matters/?WT>

Headspace is offering a free app called 'Weathering the storm', that is a large resource offering meditation, sleep and movement exercises. <https://www.headspace.com/headspace-meditation-app>

The Charlie Waller memorial trust also has a lot of information including how to talk with children about Coronavirus <https://www.cwmt.org.uk/talking-to-children-about-covid19>



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Keeping your children safe online

During Covid-19 we are all spending more time online. This reliance on social media, video chat apps and other online platforms means more young people are at risk of being targeted. The following resources can help to keep children safe and ensure internet use is safe in these virtual spaces:

https://www.childrensociety.org.uk/news-and-blogs/our-blog/invite-only-parties-and-staying-safe-online-during-covid-19-lockdown?fbclid=IwAR1nRBgew9W4tw2-9_2iK-t8P7Uv91aWhh4sFvrU2Wfmq3EB8Yu0ZFXUgjk advice from The Children's Society

<https://www.thinkuknow.co.uk/> provides advice from the National Crime Agency (NCA) on staying safe online

<https://parentinfo.org/> is a collaboration between Parentzone and the NCA providing support and guidance for parents from leading experts and organisations

<https://www.childnet.com/parents-and-carers/parent-and-carer-toolkit> offers a toolkit to support parents and carers of children of any age to start discussions about their online life, to set boundaries around online behaviour and technology use, and to find out where to get more help and support

https://www.internetmatters.org/?gclid=EA1aIQobChMIktuA5LWK2wIVRYXVCh2afg2aEAAYASAAEglJ5vD_BwE provides age-specific online safety checklists, guides on how to set parental controls on a range of devices, and a host of practical tips to help children get the most out of their digital world

<https://www.net-aware.org.uk/> has support for parents and carers from the NSPCC, including a guide to social networks, apps and games

<https://www.ltai.info/staying-safe-online/> has advice for parents and carers to keep children safe from online radicalisation

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers> has tips, advice, guides and other resources to help keep children safe online, including parental controls offered by home internet providers and safety tools on social networks and other online services

Returning to school

In preparation for the children returning to school please watch the following video on handwashing <https://youtu.be/bQCP7waTRWU>.



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As a school, we are also here to help support you and your family during these challenging times. Please do not hesitate to contact us should you need some help or advice. Our number for general enquiries, which will be available from 8am until 4.30 pm Monday to Friday, along with the main school office phone number, is 07873 323253. If you have Safeguarding or welfare concerns, please contact 07395 906020. This number can also be used for emergencies out of school hours.

I am sending you all our very best wishes,

Laura Bennett
Head teacher



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