



Collingwood Primary School Newsletter Friday 29th January 2021

"We live our lives with arms and minds wide open"

Please follow us on Twitter @collingwoodprim

Many of you appreciated the opportunity to meet with teachers this week to see how we could support your child's remote learning. I apologise for the short notice to book appointments but this was because teachers did not want to delay and were able to offer the first appointments on Monday morning. If you have not been able to make an appointment but would like to, please email class teachers directly. Following on from this we thought it might be useful to share some of the many supportive ideas and resources that some of you are using. At the end of this newsletter, there is an ever growing list of agencies who can support you. Don't forget that we are always adding to our supporting families page which contains info on health, e-safety and lots of other forms of support which are not only related to Covid. <https://family.collingwood.school/home> (see the drop down menu top left on the first support page for different sections) I urge you to attending "The 2 Johns" parent workshops (flyer below) who will tell you everything you need to know about your child's use of devices, however old your child is, during lockdown.

Life in school: This week we had 22-33 pupils coming in each day, in three bubbles. Critical Worker and Vulnerable children arrive and leave at different times and are here only for the duration that their parents are working, so that they have as little contact with others as possible. These children have no choice. All staff are on site at some point, if well, and we have continued to keep morning and afternoon staff apart so as to limit contamination. Only sports coaches work with different bubbles whilst socially distancing. Please remember that just because you "qualify" for a school place this does not mean that your child must come to school. If someone on site tests positive, staff and children will need to isolate which will stop critical workers going into work. Please consider if it is absolutely necessary in your circumstances.

Device update: Many of you were invited to come and collect devices and/or paper copies this week. We are continuing to work through our waiting list as fast as we can but are dependent on the time it takes to wipe and set up donated devices. If you are working from paper copies or if your child is sharing a device, please ensure that your child's teacher knows. We have, this week, bought write in workbooks for some children who prefer not to work on line. Don't forget that you can access Google Classroom on , Playstations, mobiles and some smart TVs and, if not, we can provide paper copies, on request. A keyboard can be added to many of these devices.

Last week I told you that The Village Group, which supports local schools and children's groups and clubs in South Woodham Ferrers, have very kindly donated £2,000 to each school for laptops. In addition to this they have also agreed to fund the wiping and software installation for any recycled donated devices that the Woodham schools receive. I would like to thank them again for this very generous offer.

Tests for Primary School Staff:

Primary school staff received their lateral flow tests this week. This will enable us to ascertain quickly if staff are not experiencing symptoms but may in fact be infectious. Staff will test twice weekly. This could result in isolation of pupils who have had close contact, on site. We will inform you, as appropriate for your child. Bear in mind that we have been very careful not to mix bubbles and not all staff in on a certain day will have had close contact with all pupils in the bubble.

Snow

There was great excitement over the prospect of snow last week, then nothing happened! School will only close as a last result in bad weather and this is usually dependent on enough staff being able to get into work and the building being warm and dry. If the school does have to close during lockdown, we will notify all parents by text/email/twitter in the normal way and have it announced on Essex Radio as soon as we are able.

We were notified on Tuesday that **schools will close as usual over February half-term and are not expected to remain open to vulnerable children and the children of critical workers during that week.** We will email further information to the parents of pupils who have been onsite about contact tracing during the holiday, nearer the time.

As you are probably already aware the Prime Minister announced this week that schools will not be returning to full opening following the half term break and the current restrictions will remain in place for a longer period. Click here for the DFE [press release](#) which states that this is not expected to happen before 8 March. Education attendance restrictions are to be reviewed again in mid-February and the government has committed to publishing a plan for leaving lockdown by the end of February. This may not have been the news that we had hoped for but at least we can now work without constantly keeping an ear on the news!

Stay safe, take the vaccine if you are offered it and take a look at some of the wellbeing strategies and help below. There is no weakness in admitting that you are struggling and need a helping hand. Try not to collect everyone else's worries and if you are feeling down try giving yourself a break from the news and social media as it is probably the same dull message that you keep hearing over and over again. Remember what you enjoy doing and try to do more of it! We will all get through this and one day it will be a dim and distant memory!
Mrs A Buckland-Garnett

If you think we are doing a good job, please tell Ofsted by clicking here

Give your views

We regularly email free school meals voucher information to parents. If you think you are eligible and have not heard from us, please email admin@collingwood.essex.sch.uk

Governor News

Our Governing Body has its own page on our website. (Click on the link top right) Our Statement of Governance, which details the membership, attendance and work carried out by our Governing Body is available to view on our school website. Our policies can be found, on our school website, on the policies page www.collingwoodschool.net

Remember that if a member of your household is symptomatic, the whole household must self-isolate until the test result is received. Pupils should not be in school whilst someone is waiting for results.

Dates for your diary

All dates can be found at www.collingwoodschool.net If school is ever closed, at short notice, it will appear on <http://www.essex.gov.uk/Education-Schools/Schools/Dates/Pages/Emergency-School-Closures.aspx> and the school website/twitter first and be announced on Essex FM and BBC Essex as soon as possible. Please avoid ringing the school as the phone is unlikely to be answered whilst we are organising staff!

9th Feb	Safer Internet Day (we will have a special week of activities)
Mon 15 th - Fri 19 th Feb	Half Term
Mon 29 th Mar - Fri 9 th Apr	Easter Break
Mon 3 rd May	May Day
Thurs 6 th May	School Closed for Polling

Mon 31 st May-Fri 4 th June	Half Term
Fri 16 th July	Last Day for pupils
Mon 19 th - 21 st July	Non Pupil Days - school closed

School Closure days for 2021-2022 are not usually agreed by Governors before June. These will appear here and on our website calendar as soon as these have been agreed.

other sources of information and support

Please remember the Family Support section on our website <https://family.collingwood.school/home> (see drop down section top left for different sections) which contains lots of national and local information on health, online safety, anxiety etc.

Don't forget that we hold a wealth of information from organisations wanting to support you in times of financial hardship. If you think that you may be eligible, please email admin@collingwood.essex.sch.uk briefly outlining your circumstances and Mrs De'Ath or Mrs Wraight will contact you with any relevant information we hold.

Additional support for families in other aspects is available from essex.gov.uk/topic/support-for-residents

Chelmsford Foodbank: In order to obtain food, you need a voucher which can be accessed from the Child and Family Wellbeing Service <https://www.essexfamilywellbeing.co.uk> 0300 247 0014, Or Citizen's Advice <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/search-for-your-local-citizens-advice/local-citizens-advice-details/?serialnumber=100386> 01245 205579. You will then be able to collect food from the Foodbank centre or arrange for a delivery.

Community and Family workshops for parents are added weekly -so please keep checking <https://aclessex.com/community-family-learning-online/>

Emotional Wellbeing through Coronavirus:

- Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19): <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>
- Mind, coronavirus and your wellbeing to support quarantine/self-isolation: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- Young minds; advice to young people and parent on mental health and impact of coronavirus: <https://youngminds.org.uk/about-us/media-centre/press-releases/youngminds-publishes-advice-for-young-people-and-parents-on-mental-health-impact-of-coronavirus/>
- **The Department for Education coronavirus (COVID-19) helpline** is available to answer questions about coronavirus (COVID-19) relating to education and children's social care. Staff, parents and young people can contact this helpline by calling: Phone: 0800 046 8687 Opening hours: Monday to Friday from 8am to 6pm

Supporting children and young people:

- Supporting children and young peoples' mental health advice: <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- NSPCC; Mental health and parenting: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>
- Kids Inspire: <https://kidsinspire.org.uk/virtual-childrens-mental-health-therapy-for-those-most-in-need/> The service remains open and the team are continuing to support families right across the county. If you need to speak with one of the team, you can still do so on one of the phone numbers. A member of the team will be available Monday - Friday between 9am - 5pm.
- They are using safe online platforms to provide much needed therapy

- A very small number of the most vulnerable young people are currently receiving face to face therapy
- They are offering online consultation/support service for all key workers
- If it would help to speak to one of the qualified therapists please get in touch.
- Anna Freud Depression: Online Therapy Study. This study is evaluating an online self-guided treatment programme for young people (aged 16-18) with depression. The treatment they use in this research study is called I-PDT, which stands for Internet-based Psychodynamic Therapy.
<https://www.annafreud.org/on-my-mind/get-involved/research-and-studies/depression-online-therapy-study/>

Supporting yourself and your family:

- Getting Help in Essex: <https://www.essex-gethelp.uk/> Find support groups, local services and resources to help you cope during the coronavirus (COVID-19) pandemic
- For your mind health get 'your mind plan' quiz, get 'your physical health quiz', plus NHS endorsed Apps: https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&qclid=CjwKCAjw3-bzBRBhEiwAgnnLCgr2g84Ag7XAbtbARWt6APSWPwt75UUcPUtsNKI6L37vTprESbG_wBoC8XwQAvD_BwE
- Mental health explained by the organisation Mind: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/support-services/>
- The app by Action for Happiness is like having a little personal action coach in your pocket who; Gives you friendly 'nudges' with an action idea each day; sends you inspiring messages to give you a boost and; helps you connect & share ideas with like-minded people: <https://www.actionforhappiness.org/app>
- How to support someone experiencing mental health difficulties by the Mental Health Foundation: <https://www.mentalhealth.org.uk/publications/supporting-someone-mental-health-problem>
- 16+ self-help CBT online course by Moodgym (advocated from SAMHs document above): <https://moodgym.com.au/info/faq>
- Togetherall (18+) A safe community to support your mental health, 24/7: <https://togetherall.com/en-gb/>
- Parental mental health: How to help children living with parents with mental health problems by NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/child-protection-system/parental-mental-health/>
- Young Minds for parents: <https://youngminds.org.uk/find-help/for-parents/>
- Activities for families whilst in self-isolation by Home Start: <https://www.home-start.org.uk/news/activities-for-families-during-self-isolation>
- Parent helpline and online counselling by Relate: <https://www.relate.org.uk/relationship-help/talk-someone>
- NHS mental wellbeing audio guides: <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>
- Mental Health Foundation Podcasts: <https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>
- Obsessional Compulsive Disorder - OCD UK: <https://www.ocduk.org/>
- Rethink Advocacy: <https://www.rethinkessexadvocacy.org/>
Essex All Age Advocacy service provides statutory and non-statutory advocacy for the community in Essex. Phone line remains active between 9am and 5pm, please leave a message with your name and contact details and they will get back to you within the same working day. Advocates are still working and doing all they can to continue to support clients in the best possible way.
- Renew Counselling <https://www.renew-us.org/> / 01245 359353 or 01268 822 800
Telephone support is now available to anyone who needs it, including existing clients and those who have not worked with us before.
- N.O.Ws The Time for Change <https://www.nowsthetimeforchange.com/> NOW is the time for change uses coaching methods combined with alternative therapies to improve wellbeing. Please see their website for contact details and links to their social media.

- Essex Family Wellbeing Resource Hub: <https://essexfamilywellbeing.co.uk/covid-19-pandemic-resource-hub/> To support you and your family through the COVID-19 pandemic, Essex Child and Family Wellbeing Service has created a brand new resource hub.
- Practical help and tips from us which may help you if you are newly bereaved under any circumstance, including a UK map to find your nearest support organisation: <https://www.thegoodgrieftrust.org/>
- Text support if you are feeling overwhelmed or struggling to cope: Text AFC to 85258, provided by Give Us a Shout / Anna Freud Centre: <https://www.giveusashout.org/about-shout/>. Free posters to display the number: <https://giveusashout.org/share-number/>

Top tips for staying emotionally healthy:

5 ways of wellness:



- Stick to a active daily routine (e.g. creating your own daily programme including three meals a day, activity time slots, self-care opportunities and bedtime routine)
- Do light activity - stretch and home workouts (e.g. yoga, dance, spring cleaning the house)
- Keep up hobbies that keep you moving (e.g. baking, reading, writing, making music, gardening etc)
- Engage in creative activities (e.g. art, scrap book making, junk modelling, restoring furniture, create music, redecorating)
- Keep connected to others (e.g. phones, email, skype, websites, helplines & online counselling)
- Keep an active mind (e.g. learning a new skill, research, brain training games, home learning using such free websites)
- Try Meditation and relaxation (e.g. Apps and free YouTube videos such as headspace)
- Hot desk at home with planned short brain breaks
- Plan meals in advance
- Do things you enjoy doing (e.g. watch a boxset, paint your nails, listen to podcasts, reading etc)
- Keeping hydrated
- Self-care opportunities (Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety)



Are you concerned about child's safety on the internet and would like advice and support on how to keep them safe?

**The Essex Child and Family Wellbeing Service presents
Virtual eSafety Parent Workshops with**



Thursday 28th January 2021 3:30pm-5:00pm

or

Thursday 4th February 2021 starting at 8.00pm-9:30pm

These free parent's workshops will look at the online world and how our young people are using it. How they are navigating around restrictions and using the internet without the parent's knowledge.

This includes :

- Favourite apps and games.
- Dangers they face
- How young people are being influenced online
- Solutions that parents can adopt to help keep their children safe.
- Stranger Danger message that parents are familiar with and make it ready for 2021



To book your place now please call us on **0300 247 0014**
Monday – Friday 9am-5pm

Services commissioned by:

www.essexfamilywellbeing.co.uk



Remote Learning: Working in partnership with you!

We know that parents are not teachers...we find this way of working intense and exhausting too! We are all in this together so let's make it work in the best way that we can!

- Do not be too hard on yourself if something goes wrong or if you do not cover everything.
- Expect your child to work on their own for some time each day. They would not have constant 1:1 adult support in school so should not have it at home. Teachers will not have set impossible tasks for children although we have probably set too much work so that fast workers do not run out.
- There is nothing wrong with doing something that is not on the plan if it benefits your child's learning. Cooking, waterplay and playdough can be a maths (shape/measurement/descriptive language/physical manipulation) and science lesson, writing a shopping list, reading something that is not a reading book etc all have value. Have a list of things to fall back on which your child can do without you eg write a diary, put spellings into sentences, copy out some text in your best joined up handwriting, read a book, draw a picture, listen to an audio book/non-fiction book/website and write down main points/formulate 10 questions etc
- Do not feel guilty about using The Oak National Academy (www.thenational.academy) or BBC Bitesize (www.bbc.co.uk) or putting your child in front of an educational television programme instead of doing the work that has been set, if it fits in better with your circumstances. Just let teachers know what your child did instead so that we do not chase you to submit work.
- Organise the learning in a way that suits your circumstances...not all of it needs to be done at specific times although planning times for work and times for breaks/play is really important. Plans from next week will be set out differently allowing you more flexibility.
- Please do not submit more work than has been asked for, teachers have not got time to respond to it.
- Remember to say "well done!" to your children and to yourself...you are doing something really hard... could I do your job especially without training?

Mrs BG