



## Collingwood Primary School Newsletter Friday 5th February 2021

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

*Please follow us on Twitter @collingwoodprim*

Thank you to the majority of parents who have let us know the reason why a child has been unable to appear at a "live meet" or has not submitted a piece of work. We understand that there may be a valid reason for this. If we have not heard from you we will always email, telephone or text. This is not a judgment on your ability to home school or your parenting but simply a check that everything is ok. We have a statutory duty to fulfil safeguarding duties under the current partial closure of schools and, where a parent has not responded to us, we will contact others on your child's contact list then ask other agencies, such as the police or social care to carry out welfare checks so that we can be assured of your child's safety. **Please do respond to us; This is for your child wellbeing.** Don't forget that Mrs Minister or I, (or both of us) are on site every school day if you need us. If your question is about your child's learning it is best to email teachers directly but if you need information on organisations offering support you can phone 01245 322258 and either speak to Mrs Wraight or Mrs De'Ath or, if you wish to discuss something more private, ask for one of us to call you back if we are not available straight away.

I thoroughly enjoyed dropping in on some of the class live meets this week to share some of the children's work relating to Children's Mental Health Week. I saw some brilliant "Gratitude Jars" in 4OK, some beautiful landscape photos in Year 6 and found out about drawings and hobbies in 5H. It was so lovely to see and be able to chat with the children and I was really proud of the way they are all able to engage and be so positive! Thank you everyone. I hope to see the other classes next week!

We have now managed to lend devices to all pupils who requested paper copies or who were working from a mobile. This is an amazing achievement...thank you to everyone who helped make this happen...you know who you are! **We are now looking to lend to pupils, not in school, who are sharing devices. Please let teachers know if this applies to you.**

### **Covid Updates**

Primary school staff began their twice weekly testing this week. This will enable us to ascertain quickly if staff are not experiencing symptoms but may in fact be infectious. 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.

The Link below is an update regarding eligibility for children and young people receiving the COVID vaccine.  
<https://www.rcpch.ac.uk/news-events/news/message-paediatricians-general-practitioners-children-young-people-covid-19>

## Safer Internet Day - February 9th

Next week we will offer pupils a range of activities aimed at reminding them how to keep safe online. In addition, we will be emailing resources to you each day, which may or may not be suitable to view with your child. Please use these as you feel appropriate. **Please talk to your child about this. Some starting points can be found below:**

|   | Focus for pupils when working with teachers...  | Please talk to your child, about...  | Resources parents might like to look at (without your child)  |
|---|---|--|---|
| <b>Monday</b>   | Introduction to the week.<br>What is your favourite online game?                                      | A to Z of Apps. Get everyone to write the alphabet then react to see if you can name an APP for each letter.)<br><br>Look at the Apps listed (without blame or telling off) and talk about ones you are unfamiliar with.                                     | Use National Online Safety to look up some of the APPS your child listed. (the posters are really helpful.<br><a href="https://info.nationalonlinesafety.com/mobile-app">https://info.nationalonlinesafety.com/mobile-app</a><br>Many of these are on our website and will be added to<br><a href="https://family.collingwood.school/online-safety">https://family.collingwood.school/online-safety</a> |
| <b>Tuesday (Safer Internet Day)</b><br>Theme: Exploring reliability in the online world | Watch The official Internet Safety Day video for children (a link will be given.)                     | What is real online?<br>What is virtual online?<br>(Most children usually think everything is real/true.)<br><br>What is fake news?<br><br>How do we know if something online is true or not?<br><br>Is it one person's opinion or does everyone think that? | Watch The Internet Safety Day video for parents (a link will be sent for this - please share this with grandparents or anyone who works with your child.)<br><a href="https://www.saferinternet.org.uk/safer-internet-day/2021">https://www.saferinternet.org.uk/safer-internet-day/2021</a>  |
| <b>Wednesday</b>  | Wellbeing Wednesday: How to avoid becoming a screen zombie (see poster) and other mental health tips. | How much time do I spend on screen?<br>Is there a good gap between switching off and going to bed?   | Poster to be sent.  |
| <b>Thursday</b>   | How to report a problem online (CEOP/childline and who to tell etc)                                   | Who can you talk to, apart from me, if you have a problem? What if the problem was a message? What if the problem was something you saw?<br>What if you did something you regret online?   | CEOP (where to report something seen online)<br><a href="https://www.ceop.police.uk/ceop-reporting/">https://www.ceop.police.uk/ceop-reporting/</a><br>Childline<br><a href="https://www.childline.org.uk/get-support/contacting-childline/">https://www.childline.org.uk/get-support/contacting-childline/</a>   |
| <b>Friday</b>   | Gaming Friday: Playing safely online; friends, followers and Fortnite                                 | How many followers/friends do you have?<br>How did you find them?<br>What is a "friend"?<br>Why might people follow me?  | What is a stranger...(This is the 2 Johns<br>Website) <a href="https://esafetytraining.org/">https://esafetytraining.org/</a>   |

## Snow

There was great excitement again over the prospect of snow last week and still nothing happened although we are told to expect snow this weekend! 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.

Stay safe, look after your own wellbeing as well as your child's and try not to collect everyone else's worries. Remember what you enjoy doing and do more of it! We will all get through this.

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](mailto: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](http://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](http://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 <sup>th</sup> - Fri 19 <sup>th</sup> Feb    | Half Term - 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. |
| Mon 29 <sup>th</sup> Mar - Fri 9 <sup>th</sup> Apr | Easter Break  |
| Mon 3 <sup>rd</sup> May                            | May Day   |
| Thurs 6 <sup>th</sup> May                          | School Closed for Polling   |
| Mon 31 <sup>st</sup> May-Fri 4 <sup>th</sup> June  | Half Term   |
| Fri 16 <sup>th</sup> July                          | Last Day for pupils   |
| Mon 19 <sup>th</sup> - 21 <sup>st</sup> 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](mailto: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](https://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&gclid=CjwKCAjw3-bzBRBhEiwAgnnLCgr2g84Ag7XAbtbARWt6APSWPwt75UUcPUtsNkI6L37vTprESbG\\_wBoC8XwQAvD\\_BwE](https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&gclid=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:



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

- 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)

### 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](http://www.thenational.academy)) or BBC Bitesize ([www.bbc.co.uk](http://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