



BISHOPS DOWN PRIMARY AND NURSERY SCHOOL

8th January 2021

The start to this new term has been challenging so we are pleased all of the work that we put in to improve home learning last year, is now really paying off. We really appreciate all the emails of thanks from parents this week, it has been the encouragement we have needed to get us through, particularly after a difficult Christmas break.

There are regular directives from central government and changes in policy that we are required to action, so we apologise for any lack of clarity, or short notice of changes from us. We are doing our very best to keep up in this very confusing and worrying time.

Safety is our absolute priority so please understand if we ask for proof of critical worker status when you contact us regarding a space for your child in school. The fewer children in school, the fewer staff we need to be physically present, thus reducing risk levels, not only for the school, but the wider community. The latest government guidance, issued 7th Jan, states '**Parents and carers who are critical workers should keep their children at home if they can**'. Currently we have approximately double the number of children of critical workers in school compared to last March/April.

The vast majority of children are able to stay safely at home and join 'live' lessons. Please bear with us for the first few days whilst teachers and TAs get to grips with the tech and we will ask for your feedback on our provision at the end of next week.

We have been overwhelmed with the resilience and expertise that you and the children have been using to access the virtual live and recorded lessons. We understand that there are some difficulties around numbers of devices that siblings and parents are all trying to use, which is why we took the decision to record lessons. We have also discovered that some aspects of Microsoft Teams can be accessed using a Playstation or Xbox. The system does have some constraints and can be quite slow, but does offer an alternative to any families that may be short of devices. More information can be found on YouTube—just google 'How to access Teams and Emails using Xbox or PS4' - YouTube

Parents, please note: The Teams 'chat' function is for the children's use only. If you have any queries for the teacher, please email the office as usual. Can you also remind children to use the 'chat' function responsibly as we are seeing some silliness and funny animations added by children; they must be reminded that this is still 'school' time.

For those struggling with data allowances on mobile devices here is a useful link
[Increasing data allowances on mobile devices to support disadvantaged children - Get help with technology - GOV.UK \(education.gov.uk\)](https://www.gov.uk/guidance/increasing-data-allowances-on-mobile-devices-to-support-disadvantaged-children)

We have also put in a request for additional laptops from the DfE and are waiting to hear if we have been successful. Can I please urge you to use the class facebook/whatsapp to contact fellow parents if you don't have a device for each of your children, as there maybe another parent who has an old device that can be donated.

At this most challenging time, we all need support. We have included in this newsletter a list of helpful resources for young people's mental health, a Directory for National Domestic Abuse Services for Minority Groups including Adolescent Parent Abuse and also a help line run by KCC- 'Release the Pressure'.

We do have other non Covid school news!– please see the bottom of page 4.



Helpful resources for young people's mental health

Here are some trustworthy sources of support, guidance, advice and training around young people's mental health and wellbeing.

Action for Happiness actionforhappiness.org

A not-for-profit providing resources and evidence-based ideas for actions we can take to feel happier and help to reduce and prevent mental ill health – personally, in our communities, workplaces and schools.

Anna Freud Centre annafreud.org | Tel: 0207 794 2313 | Email: info@annafreud.org

A children's mental health charity providing specialist help, research and training for children, young people, families and schools.

Association for Young People's Health (AYPH) youngpeopleshealth.org.uk

A charity and membership forum working to promote the health and wellbeing of 10-24 year olds.

Barnardo's barnardos.org.uk

A leading children's charity which provides services, research and guidance on a range of issues concerning children's wellbeing including child poverty, sexual exploitation, disability and domestic violence.

Charlie Waller Memorial Trust cwmt.org.uk

Awareness, information and resources for young people who are depressed, as well as training for families, schools, colleges, universities, workplaces and GPs.

ChildLine childline.org.uk | Tel: 0800 1111

Counselling service for parents, children and young people, offering free and confidential help and advice. Also offers multilingual services to South Asian communities living in the UK. Languages include Bengali/Sylheti, Gujarati, Hindi, Punjabi, Urdu and English.

Early Intervention Foundation eif.org.uk

An independent charity and What Works Centre which champions and supports the use of effective early intervention for children with signals of risk.

Family Links familylinks.org.uk

Offers programmes for parents of children from -9 months to 18+ providing adults and children with skills to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships. Specialist programmes include parenting with Islamic Values, work with parents in prison and with parents of children with a disability or special needs.

Heads Together headstogether.org.uk

A campaign to end mental health stigma spearheaded by the Duke and Duchess of Cambridge and Prince Harry.

Hub of Hope hubofhope.co.uk

A national database of organisations and charities of all sizes, enabling easy access to sources of mental health support and advice.

Kooth kooth.com

Free support services for young people delivered by qualified counsellors via online chat.

Mental Health and Behaviour in Schools

gov.uk/government/publications/mental-health-and-behaviour-in-schools--2

The Department for Education (DfE) developed this set of advice and practical tools to help schools promote pupil mental health, identify and support pupils with more severe needs and make appropriate referrals to specialist agencies where necessary.

Mental Health Foundation mentalhealth.org.uk

UK charity dedicated to finding and addressing the sources of mental health issues. Includes information, research, resources and an invaluable A-Z of mental health terms.

Mind mind.org.uk

National charity providing information, advice, and campaigning to promote and protect good mental health for everyone.

MindEd minded.org.uk

Free educational resource on children and young people's mental health for all adults. MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support your child. Also includes e-learning resources for professionals and volunteers.

Mindfulness in Schools Project training courses mindfulnessinschools.org/courses

A charity whose aim is to encourage, support and research the teaching of secular mindfulness in schools.

MindUP mindup.org/u-k

A learning programme for teachers and pupils based on positive psychology and mindfulness.

A Directory for National Domestic Abuse Services for Minority Groups including Adolescent Parent Abuse

For local details visit: <http://www.domesticabuseservices.org.uk/>

BAME:

Women's Aid	https://www.womensaid.org.uk/the-survivors-handbook/women
Rise	https://www.riseuk.org.uk/get-help/about-domestic-abuse/bme (Translations into Arabic, Bengali, Chinese, Farsi, Polish & Urdu)
Refuge	https://www.refuge.org.uk/our-work/our-services/culturally-specific-services/
Karma Nivana	https://karmanirvana.org.uk/ (Honour Based Abuse)
OPOKA	http://opoka.org.uk/en/ (For Polish People)
Muslims Womens Network UK	http://www.mwnuk.co.uk/Helpline_181_c.php
Chayn	https://chayn.co/tools/ (resources in 9 languages)
Latin American Women's Rights Service	http://www.lawrs.org.uk/
Iranian Kurdish Women's Rights Organisation	http://ikwro.org.uk/
Imkaan	https://www.imkaan.org.uk/services
Southall Black Sisters	https://southallblacksisters.org.uk/

Adolescent Parent Abuse:

Family Lives	https://www.familylives.org.uk/advice/teenagers/behaviour/
Grandparents Plus	https://www.grandparentsplus.org.uk/
Family Rights Group	https://www.frg.org.uk/need-help-or-advice

Information guide: adolescent to parent violence and abuse (APVA)

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/732573/APVA.pdf

Travelling Community:

First Light	https://www.firstlight.org.uk/gypsies-and-travellers/
-------------	---

LGBTQ+:

LGBT Foundation	https://www.lgbt.foundation/how-we-can-help-you/domestic-
Stonewall	https://www.stonewall.org.uk/domestic-violence-and-abuse-
Rise	https://www.riseuk.org.uk/get-help/about-domestic-abuse/
LGBT Domestic Abuse Partnership	https://lgbtdap.org.uk/
GALOP	http://www.galop.org.uk/
The Proud Trust	https://www.theproudtrust.org/national-lgbt-domestic-abuse-

In other news!

We welcome three new members of staff this term: **Lizzy Williams** as Finance Officer, **John Pratten** as Clerk to the Governing Body and **Catherine Nolan** as part time receptionist on Tuesdays in the front office.

Admission to Reception – September 2021

The admission process continues with KCC for you to apply for your Reception school place for September 2021 – you must apply online by 15th January 2021.

Remember: you must still complete an application form for a sibling place. If you are having issues completing the online form then please call Kent County Council's education line which is 03000 412121 and seek assistance. Online applications should be made through: <https://www.kent.gov.uk/education-and-children/schools/school-places/primary-school-places#tab-2>



Year 2 have used their £50 PSA winning hamper money to sponsor an elephant. What a lovely way to spend the money, especially as Africa is their Term 3 topic!

Kent County Council

Release the pressure

Life can get really tough sometimes, but talking can help. We have a highly trained and experienced team available 24/7 to provide you with confidential support to get you back on track. So if you are beginning to feel the pressure, don't suffer in silence. Make the call.

Freephone

0800 107 0160

How our service can help

Support is free and confidential, provided by an independent charity and funded by Kent County Council.

Prefer to chat online rather than over the phone? Try our web chat service, provided by an independent charity.

<https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure>