

# Tune in on Tuesday

Wheelwright Lane Primary School Newsletter

Issue 30: 21.04.2020

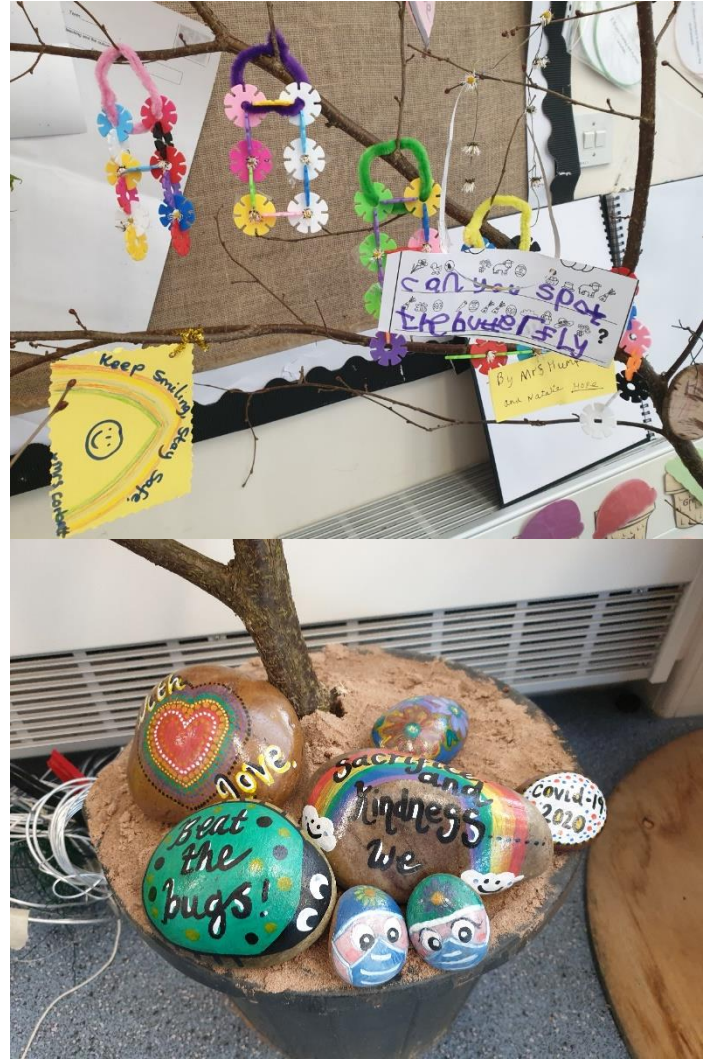
[www.wheelwrightlane.warwickshire.sch.uk](http://www.wheelwrightlane.warwickshire.sch.uk)

## School Updates

Staff continue to keep the school open for children of a handful of key worker families and vulnerable children. The school office is open and please continue to ring in if you need to speak to a member of staff. Please leave a message if it goes to answerphone and someone will get back to you.

We all hope that our families are keeping well and staying safe.

Hope you like the Hope Tree that the children, parents and staff contributed to. The children are very mindful about the current situation and enjoyed writing their positive comments. Thank you to Ava and Elsie and their Mum for the painted stones and excellent message.



Message is still clear from the Government to **STAY HOME AND STAY SAFE** - we will let you know as soon as we have further updates for you.

## Useful Information

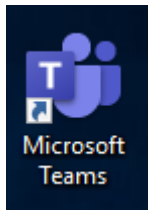
Useful website for mental well-being:  
Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/>

## Continuing Education

Many of our children are now on-line and using the Teams App to stay in touch with their teachers and their friends - it is really important that they stay in touch with the school community.

Thank you for helping with setting up the systems we have and persevering when hitting obstacles.



If you have any issues downloading the Teams then please contact the school and we will support.

Teachers will be sending out further lessons and online learning from today.

The Department for Education has also referred parents to the following websites:

1. **Advice for Parents: Supporting your children's education during coronavirus (COVID-19)**

<https://www.gov.uk/guidance/supporting-your-childrens-education-during-coronavirus-covid-19>

Information for parents to help you cope with home learning. Specific information is provided for the following groups of pupils:

- [aged 2-4](#)
- [at primary school](#)
- [with special educational needs and disabilities \(SEND\)](#)
- Parents of secondary-aged pupils are advised to contact their children's school for support.

2. **Launch of BBC Bitesize Teach Live and Daily**  
<https://www.bbc.co.uk/teach>

## Ensuring safety on-line

It is really important that while we are working in a 'home tutoring' style that children and parents/carers understand their responsibilities. We need to ensure that a professional learning environment is created at home - similar to the professional environment in school. 'Teams' is not a social chat forum but a learning platform so please remind your children that when 'chatting' across the network they are talking to their teachers just like they would be in the classroom - they need to be sensible and respectful at all times. Please discuss with your child/children the importance of keeping up standards of behaviour when on-line.

## School Health and Well-being Service - Compass

A health and wellbeing update from your school nurse team:

During the Coronavirus outbreak, the Warwickshire School Health and Well-being Service are still available to provide support - even if this may be given in a different way to usual! As such, the team will now be sending a weekly update to schools, where they will share resources, helpful tips, and relevant news and details of the support available for pupils and parents/carers.

Please see **attached** leaflet dated 17<sup>th</sup> April.

## Warwickshire County Council Coronavirus support line

Warwickshire County Council have set up a coronavirus helpline for parents/carers. Please take a look.

<https://www.warwickshire.gov.uk/coronavirus>

Please contact if you are unsure about anything or would like answers to any questions you may have.

## Free School Meals

If you are entitled to FSM then please sign up using the links on the school website. Once you have been accepted we will be notified and be able to forward supermarket vouchers (now takes the place of FSM).

We have received Government guidance regarding the voucher scheme and all parents who qualify have been contacted - please check your emails.

There is also support available from the Warwickshire Welfare Service with regards to energy bills and other financial assistance. Please look at the website:

<https://www.warwickshire.gov.uk/localwelfare/scheme>

## Family Information Service

Please check out the latest information from the FIS.

<https://www.warwickshire.gov.uk/childrenandfamilies>

## Local foodbank

Changes regarding the Bedworth Foodbank: with the onset of the Coronavirus we now have to make a number of changes to the way we offer our services.

From tomorrow (Wednesday 18<sup>th</sup> March) we will be running the foodbank from the Life Church premises **only** on Tuesdays and Thursdays 12.00 - 2.00.

## No Excuse for Abuse

Information received from **West Midlands Police and Crime Commissioner**, as follows:

There is #NoExcuseForAbuse

If you are a victim of #DomesticAbuse, there is help available.

Find out more and seek support.

NoExcuseForAbuse.info

Twitter Tags: @CRASAC @coventry\_haven

@FWTCov @Kairos\_WWT @CovPartnership

Facebook: @FWTCov @CoventryHaven

@relatecoventrywarwickshire @CRASAC

@Kairos.Coventry





## Warwickshire School Health Update w/c 13.04.2020

Compass



### A health and wellbeing update from your school nurse team

The Warwickshire School Health & Wellbeing Service is still here to provide support - even if this may be given in a different way to usual! Here's our latest newsletter with useful links, wellbeing advice, and details of how you can get help when you need it.

#### Useful links

##### Coronavirus family guidance

A free book explaining Coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler: [cutt.ly/free-book](https://cutt.ly/free-book)

Information for Warwickshire families:  
[warwickshire.gov.uk/fis](https://warwickshire.gov.uk/fis)

Support accessing food:  
[cutt.ly/accessing-food-advice](https://cutt.ly/accessing-food-advice)

##### Activities to do with children during social distancing and self-isolation

[cutt.ly/cbeebies-indoor-activities](https://cutt.ly/cbeebies-indoor-activities)  
[cutt.ly/kids-nature-activities](https://cutt.ly/kids-nature-activities)  
[cutt.ly/free-craft-activity-packs](https://cutt.ly/free-craft-activity-packs)  
[cutt.ly/bbc-home-activities-for-kids](https://cutt.ly/bbc-home-activities-for-kids)

##### Keeping families active at home

[cutt.ly/joe-wicks-pe](https://cutt.ly/joe-wicks-pe)  
[cutt.ly/dance-with-oti](https://cutt.ly/dance-with-oti)

##### Emotional and mental health resources

Young Minds Coronavirus support:  
[cutt.ly/young-minds-coronavirus](https://cutt.ly/young-minds-coronavirus)

RISE resources: [cwrise.com](https://cwrise.com)

Coping calendar:  
[actionforhappiness.org/coping-calendar](https://actionforhappiness.org/coping-calendar)

In response to the current situation, CW RISE (Coventry and Warwickshire's mental and emotional health services for children and young people) are now offering a 24/7 support line for children and YP struggling with difficult emotions.

To access this, please call:

Children's Crisis Team at Whitestone on  
**02476 641 799** between 8am and 8pm

Coventry Crisis Team on **02476 938 000**  
between 8pm and 8am.

## This week's feature: Connecting with others

During this time, it might feel like it's difficult to connect with others in the same way that you used to. Connecting with others is really important for our wellbeing: it can make our moods better, give us a sense of purpose and stop us feeling isolated. That's why we want to share some ideas and tips for connecting with others despite everything that's going on.

### Connecting remotely

#### A special phone or video call

Talking on the phone or on a video call can be a great way to connect with friends and relatives. To make it extra special, children can try making up a song and/or dance or coming up with a story to share with loved ones during the call. You can see a list of free group video calling apps here - [cutt.ly/best-video-call-apps](https://cutt.ly/best-video-call-apps).

#### 'Pub' quiz or book club

Lots of young people and families are already enjoying group video calls with friends and relatives. A fun idea is to have a 'pub quiz' evening. Each person on the call does hosts a 'round', thinking of 5-10 questions on a topic they find interesting. Or try a book/TV/film club where each person takes it in turns to give the group something to watch or read, then discuss in the next video call.

### Connecting at home

Sometimes we don't realise we aren't connecting with the people in our home as much as we could be. Try spending time talking without the distraction of any technology. It can also be nice to do activities together that don't involve screens - make a meal together, do some crafts or drawing, or perhaps try out some yoga!

### Make and send a virtual card!



Children and young people can show loved ones they are thinking of them by making a special card. Once it's finished, take a picture (with help from parents/carers) and send it to the loved one!

You can make your card from scratch, or print out, colour in and write a message on one of our templates:

[cutt.ly/bee-card](https://cutt.ly/bee-card) (easier)

[cutt.ly/flower-card](https://cutt.ly/flower-card) (easy)

[cutt.ly/hot-air-balloon-card](https://cutt.ly/hot-air-balloon-card) (harder)

## Your school nurse team is here to help!

We know these times can be unsettling for children, young people and families. Our school nurse team is here to provide support with any concerns or questions about health and wellbeing. Please get in touch using the details below for free, confidential advice.




### Parents/carers

 Service mainline: 03300 245 204

 Text Parentline: 07520 619 376

### Children/young people aged 11-19 years

 Text ChatHealth: 07507 331 525



[www.compass-uk.org/services/warwickshire-school-health-wellbeing-service](https://www.compass-uk.org/services/warwickshire-school-health-wellbeing-service)