

Tune in on Tuesday

Wheelwright Lane Primary School Newsletter

Issue 31: 28.04.2020

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.

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.

Continuing Education

Thank you for all your support with our on-line/distance learning. It has been a steep learning curve for all over the past few weeks. We appreciate the tremendous help and support you are giving to your children and their Teachers and Teaching Assistants - thank you for all that you are doing and working from home too.

We are continuing to develop the routines around the distance learning to ensure that time spent on home devices is reasonable for the children, parents and the staff.

Staff are using the Teams App to provide timetables for the children and allocating work and on-line tutorials etc. to support children's learning. They are also available for discussion with the children throughout the day via

Teams. It is important to note that staff will be working via Teams from 9 o'clock to 3.30 every day and will provide support during these times - as in line with the normal school day. Please help your child access their learning during these times.

For Reception and Nursery children please continue to use the Tapestry App - this is a very similar programme to the Teams.

Useful Information

Useful website for mental well-being:

Every Mind Matters

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

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 24th 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/childrenand-families>

Parenting Support

Please see the attached poster regarding parenting support. You are able to telephone Family Support Workers for advice and support.

The Educational Psychology Service is also providing support for parents, please see the attached poster for details.

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

Please also check the National Centre for Domestic Violence website below:

<https://www.ncdvmagazine.co.uk/>

Bedworth Girls Football

Please see the attached poster regarding Bedworth Football to start in September.



Parenting Support During COVID-19

for all families in Warwickshire

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. Particularly during these uncertain times.

Our friendly Family Support Workers can provide techniques and tips to support you with your latest challenges, we're waiting to hear from you.

We can offer support and advice around;

- child behaviour
- routines and boundaries
- Sleep
- Toileting
- eating and related issues
- social and emotional development
- parental isolation
- parental conflict
- any other support for parenting

Phone 01926 412 412 and
choose option 3 to talk to a
family support worker.

Monday - Friday 9AM - 4PM



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

Information & resources for parents/carers from Compass:

cutt.ly/coronavirus-parents-carers

Resources for people with autism and families:

cutt.ly/autism-resources

Information for Warwickshire families:

warwickshire.gov.uk/fis

Support accessing food:

cutt.ly/accessing-food-advice

Refuge Domestic Abuse Service Warwickshire:

Call 0800 408 1552

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

cutt.ly/cbeebies-indoor-activities

cutt.ly/kids-nature-activities

cutt.ly/free-craft-activity-packs

Blog for learning, connecting, activities etc.

blog.kidadl.com

Home learning resources

bbc.co.uk/bitesize/dailylessons

Timetable of free celebrity lessons:

cutt.ly/celeb-timetable

Emotional and mental health resources

Every Mind Matters: Coronavirus & wellbeing

nhs.uk/oneyou/every-mind-matters

Young Minds Coronavirus support:

cutt.ly/young-minds-coronavirus

RISE resources: cwise.com

Coping calendar:

actionforhappiness.org/coping-calendar

For urgent support with mental health for children and young people, please call the 24/7 CW RISE supportline:

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: staying healthy and active

Staying healthy during lockdown can be tricky, and it might sometimes feel tempting to just give up! But keeping active and eating well is really important for our health and has lots of benefits, from helping us get a better night's sleep to reducing stress and anxiety. Here are some tips and resources that can help families get enough exercise and the right nutrition.

Staying active

We may not be able to exercise and play sports in the same way we used to, but there are still lots of fun ways to stay active as a family! This week, try out some of these ideas:

- ☆ Spell your name game. Use this picture to create a workout using your name: cutt.ly/spell-name-workout. Try a different family member's name each time to get lots of different exercises.
- ☆ Joe Wicks PE. These fun, family-friendly sessions take place live every morning, but can be watched at any time of the day: cutt.ly/joe-wicks-pe
- ☆ Change4life indoor activities. There's lots of games to try, all with popular family film themes: nhs.uk/change4life/activities/indoor-activities

Healthy eating



Try these simple tips to have a healthier diet while still getting to enjoy your food:

- ☆ Plan your family's meals and snacks before going to the shops wherever possible.
- ☆ Swap fatty/sugary snacks for healthier options that cover multiple food groups. For example, swap crisps for crackers with low fat cheese and cucumber, or cake for malt loaf and banana. See more snack swap ideas here: cutt.ly/change4life-snack-swaps
- ☆ For parents/carers - here's a useful blog on how to get more nutrients into your child's lunch: cutt.ly/nutritious-kids-lunch
- ☆ Eat 3 portions of veg and 2 of fruit every day (canned and frozen count).
- ☆ Drinks lots of water - have 8 drinks every day. Limit fruit juice to one small glass and avoid fizzy pop if you can.

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



Telephone Support for Parents

Warwickshire Educational Psychology Service (EPS) is offering direct access telephone consultation to parents and carers during the Covid-19 pandemic.

This service is available for 4 afternoons each week (Monday to Thursday) for parents and carers who live in Warwickshire and who feel they may benefit from consultation with an Educational Psychologist to support them with concerns that they may have at this time.

Concerns might include:

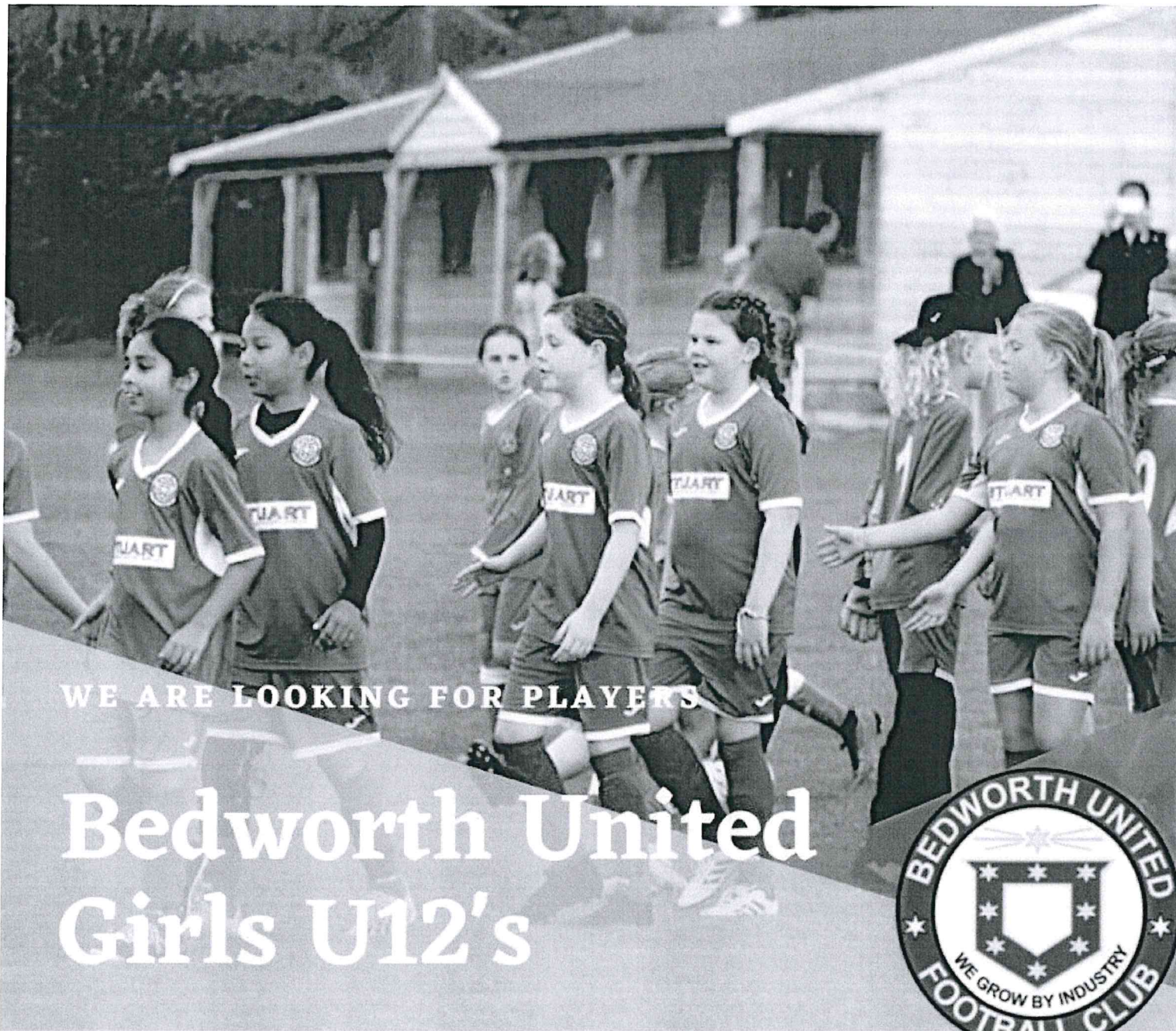
- How to talk with a child/young person about COVID-19 and any worries associated with it
- How to help children/young people to engage with learning whilst at home
- How to support behaviour that can be challenging or difficult to manage
- How best to look after your own and/or your child's mental and emotional well-being on a daily basis

If you would like to arrange a telephone consultation with an Educational Psychologist, please phone 01926 742921 or email eps@warwickshire.gov.uk.

You will be asked to provide the following information:

- Your name
- The telephone number you would like to be contacted on and an email address
- A brief description of the area in which you would like support
- You or your child's school if relevant (if your child is not already known to the Educational Psychology Service, we will not take their name or record details of the conversation)

You will be offered the next available telephone timeslot that an educational psychologist has available and they will then phone you back at that time.



WE ARE LOOKING FOR PLAYERS

Bedworth United Girls U12's



Bedworth United Girls U12's are looking for players to join us for the 2020/21 season as we move to 9v9. We create a friendly, fun-focused and developmental environment for our team. We offer female coaches who are FA qualified and have full DBS, Safeguarding and First Aid qualifications.

WE ARE LOOKING FOR GIRLS WHO WILL BE STARTING SCHOOL YEARS 6&7 AFTER THE SUMMER HOLIDAY.

WE ARE CURRENTLY LOOKING FOR A GOALKEEPER.

ALL POSITIONS AND ABILITIES WELCOME.

If you are interested please contact Shanice on
07572886474 or shanicewalsh@yahoo.co.uk