

Tune in on Tuesday

Wheelwright Lane Primary School Newsletter

Issue 34: 19.05.2020

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.

Moving Forward

I continue to receive many guidance documents from the Department of Education regarding bringing more children (Yrs N/R/1/6) back into school safely from the beginning of June. Myself, my Leadership team and School Governors are putting a school plan together to enable this to happen. At the forefront of any of our decisions is the importance of keeping children, families and staff safe, ensuring that all Health and Safety measures and risk assessments are in place and shared with families and staff. You will continue to receive correspondence throughout this week and next to keep you updated with our progress.

As a background to our decisions, we will follow the scientific guidance of keeping children in small family groupings of approximately 10 children per group with the same adult. Children will stay in their 'family' group and continue to socially distance from other groups in the school - this is the expected way of working for the next few weeks. We will also

insist on washing hands and good hygiene throughout the day so please encourage your children to practice this at home before they come back in to school.

It is advised that we offer staggered start and finish times so that parents are not congregating in groups and we will again inform you of the details soon.

Children in other year groups will continue to be offered on-line schooling through Teams with their teachers and TAs. I thank you for your support with their learning - you are doing a great job.

Warwickshire on-line resources database

Warwickshire Education and ICT Development Service have established a process to review free online learning resources. All of the resources have been reviewed by a team of teaching staff from across Warwickshire schools. Each resource has been reviewed by at least two members of staff with their comments and ratings combined in a single review.

This can be accessed by parents and will support when looking for on-line resources to support your child's learning. Please look at the website:

<https://sites.google.com/welearn365.com/wcc>
[hl](#)

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 11th May.

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).

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>

If you would like to be put forward for a foodbank parcel please telephone the school and we can arrange this for you.

Family Information Service

Please check out the latest information from the FIS.

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

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/>

Teacher recruitment

Looking for a change of direction?

The Warwickshire Teaching School Alliance (WTSA) are actively looking for would-be teachers from any walk of life to join our School Centred Initial Teacher Training programme (SCITT); to encourage passionate and inspiring individuals into a profession which strives to give children the very best start in life.

Our course has been devised to develop high-quality teachers to work in the early years and primary phases. In addition to covering all Teaching Standards, the course includes an emphasis on multi-agency working, leadership in the EYFS, working with 2-year-olds, SEN/D, and practitioner research.

The programme benefits from the direct contributions of highly experienced teacher educators, and a wider team of early years specialists and placement mentors. The course also carries postgraduate accreditation (60 Masters credits) awarded by Birmingham City University. Alongside the taught element of the course you will experience placements across some of the best Nursery, Infant and Primary Schools across Warwickshire and Coventry for a total of 135 days on the job training.

At the end of the course you will have Qualified Teacher Status (QTS) and gained the skills and resilience needed to teach children during their most important phases of development.

For more information please contact the WTSA Teaching School Coordinator Michelle Hutton on Hutton.m2@welearn365.com or follow the link below:

<https://www.find-postgraduate-teacher-training.service.gov.uk/results?l=3&query=The+Warwickshire+Teaching+School+Alliance>



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.

Our team have a special message for you! Click here to see what they have to say:

cutt.ly/wshwbs-youtube

This week's feature: Getting a good night's sleep

The current pandemic has affected many aspects of our wellbeing, and sleep is no exception. Some people may be finding it harder to get to sleep, while some have reported having strange and vivid dreams. Some of us might even be enjoying getting a bit more sleep because of changes in our routine. Whatever our situation, getting enough sleep is essential for both our mental and physical health and wellbeing.

Why is sleep important?

- ★ Sleep boosts our immunity, helping us to fight off diseases and stay healthy.
- ★ Research shows that a good night's sleep can improve our memory and problem-solving abilities.
- ★ A bad night's sleep can put us in a bad mood, while long-term sleep deprivation is linked to mental health problems such as depression.

Find out more about the importance of sleep here: cutt.ly/nhs-sleep

Tips for getting a better night's sleep

- ★ Try to stick to the same bedtime and morning routine, even if your schedule has become more varied. Going to bed and waking up at the same time every day has been shown to improve sleep quality. Remember most adults need around 8 hours sleep, while children and young people need longer.
- ★ Get plenty of bright light in the day, and reduce exposure to blue light in the evening. Studies have shown daylight exposure in the day can help with our sleep (but remember to protect against the sun while you're outdoors). The blue light that comes from our phone and TV screens can make our sleep worse if we are exposed in the evening. Try switching off devices 2 hours before bed. Have a look in your phone settings (and/or your child's) to see if you can reduce blue light in the evenings.
- ★ Get plenty of exercise (but not too close to bedtime). Take a walk, or try out a Youtube workout video.
- ★ Avoid caffeinated drinks. If you do drink them, try not to have any for 7 hours before bedtime.
- ★ Create a relaxing bedtime environment. As part of your or your child's bedtime routine, you can try a warm bath, reading a book, meditation and/or relaxing breathing, and relaxing music. Lavender scented products are also thought to help with sleep and relaxation. What works for your family will be unique to you, so if you are having difficulties it's worth trying out a few of these ideas.

Useful links

Activities to do at home

Make a COVID-19 time capsule:

cutt.ly/time-capsule

Try some simple, healthy recipes for kids:

cutt.ly/bbc-recipes

Bird-themed activities & games: cutt.ly/rspb

Things to do at home & in the garden:

cutt.ly/national-trust

All sorts of activities from Save the Children:

cutt.ly/save-the-children

Fun ideas from Countryfile:

cutt.ly/countryfile

COVID-19 family guidance

Parenting support for Warwickshire families during COVID-19: cutt.ly/parenting

Compass info & resources for parents/carers:

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

How to help your teenager stay home during lockdown: cutt.ly/teens-stay-home

Refuge Domestic Abuse Service Warwickshire:

Call 0800 408 1552



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: 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

Just a quick question that's been on my mind the past few days

No problem, we're here to help. What's on your mind?



Home learning resources

bbc.co.uk/bitesize/dailylessons

Timetable of free celebrity lessons:

cutt.ly/celeb-timetable

Learning and fun from the Eden Project:

cutt.ly/eden-project

Online learning from Canal & River Trust:

cutt.ly/canal-river-trust

Learn about space with CBeebies Stargazing:

cutt.ly/cbeebies-stargazing

Info and education resources for children and young people with SEND: cutt.ly/SEND-education



Emotional and mental health resources

Resources for professionals, parents/carers and young people: camhs-resources.co.uk

Every Mind Matters: Coronavirus & wellbeing

nhs.uk/oneyou/every-mind-matters

Young Minds Coronavirus support:

cutt.ly/young-minds-coronavirus

RISE resources: cwrise.com

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.



www.compass-uk.org/services/warwickshire-school-health-wellbeing-service