Dear Parents/Carers,

As we finish for the half-term break, I wanted to write to thank you for your overwhelming support and patience during this challenging period. I am fortunate to be able to lead staff who are so passionate about their role and who work diligently to provide the very best provision for our children. Remote learning has been a huge learning experience for us all and we are regularly reviewing and improving our offer as we strive to support both children and families as much as possible. Feedback received through the school survey regarding the remote learning offer is currently being reviewed so thank you to those who took the time to complete. We will share successes and suggestions for next steps after half-term.

We wish you all a restful half-term and hope that you get chance to spend some relaxing, quality time with your family. With this is mind, the teachers have collated some ideas for fun activities which can be enjoyed within current restrictions and the limitations of the cold weather.

For some children and families, these are particularly challenging times with changes in routine, lack of opportunities to socialise and missing loved ones. Please remember that we are to offer support so stay in touch and speak to us if there’s anything you need – if we can’t help we will find someone who can. Be kind to yourselves – it is okay to find things difficult, need help or just someone to talk things through with.

Here are some tips which were shared by CAMHS that may help:

**Supporting your Child’s Emotional Wellbeing**

General things to ensure are in place:

* Good balanced diet - fresh fruit and veg.
* Daily exercise - particularly outdoors.
* Limit screen time.
* Stay in touch with your child’s class teacher, encouraging you child to join in zooms to see their class.
* Reading - choose a book to read with your child, perhaps choose a Roald Dahl that you enjoyed and say you want to read it again and share it with them a chapter a night - it's not only good for emotional well-being but it is good educationally and stops screen before bed enabling better quality sleep.
* At night talk through the good things that have happened in the day - and what you're looking forward to.
* Reading challenge at the library - if you can only get your child to do one thing make it reading - it improves their spelling, writing, vocabulary and reading skill equips them for every other subject.
* Write for a purpose - to a family member, shopping list etc.
* If they have a new phobia about going out/something else - they need measured 'exposure' to it. Find a reason to go out - visit a post-box - just repeat that then find somewhere else to go slightly further away - gradually increasing the challenge.
* Make sure the children go for walks past school so you desensitize them.
* Familiar films that the children know well are comforting - avoid films that make them jump and have a lot of tension/conflict.
* Music they enjoy on in the background means that they don't have chance to dwell on other things that silence can cause.
* Normalise their anxieties about returning to school - it will be a 'soft landing' - teachers know that they will need time to settle in and there will be time to talk and the work is going to be ok to do.
* Go for walks that include seeing the school.

**Where to go for support:**

**ChatHealth** is a text support service that Public Health have launched for parents and carers. It means that School Nurses and Health Visitors can respond to a variety of health and wellbeing issues that can be sent by text anonymously. The ChatHealth text number will operate Monday-Friday from 9am until 5pm**.** Messages will be responded to within 24 hours during this period. Outside these hours, service users will receive a ‘bounce back’ text message indicating that they will receive a response when the line re-opens. Of course, ChatHealth is not an emergency service, and accordingly parents will be instructed to follow usual advice in seeking urgent medical attention.

The text numbers for Warrington are:

* 0 - 5 Parents Service – 07507 327981
* 5 – 19 Parents Service - 07480 635994
* 11 - 19 Young People's Service – 07507 330101

[**ADDvanced Solutions**](http://www.addvancedsolutions.co.uk) give advice to parents who are finding that their children are displaying concerning behaviours. Their website is [**www.addvancedsolutions.co.uk**](http://www.addvancedsolutions.co.uk)

[**Safe To Net**](https://safetonet.com/landing-pages/covid/)is an app for parents to help them safeguard their children from online risks like cyberbullying and sexting, whilst always respecting their child’s rights to privacy. The SafeToNet Foundation is providing UK families with free-for-life access to the SafeToNet safeguarding solution during coronavirus. Using the code: SAFE, parents can get free access to the app which has wellbeing activities and adds a safeguarding keyboard to the child’s phone.

**To seek further advice from school, please contact your child’s class teacher via Seesaw, email or phone, school admin or Mrs Lisa McDavid, school SENDco at chapelford\_sendco@omegamat.co.uk**

Additionally, the school website has links and advice for support including mental health, mindfulness and bereavement. This can be found under the Home learning tab.

Have a lovely half term break, keep safe and look after each other.

Kindest regards

Joanne Hewson