



Dear Parents and Carers,

We are proud to launch our 'Lockdown Library' today!

Whilst the country has been in lockdown many of us have been inundated with emails and marketing releases full of advice on how to look after ourselves during these very different times.

We have had huge amounts of materials shared with school and we have selected some to create a LOCKDOWN LIBRARY for parents to access on our school website. This way you are not bombarded by a constant stream of information and suggestions from us and everything is in one easily accessible place so you can find what YOU need and WHEN you need it.

Visit our website at www.dowson.tameside.sch.uk

Select **PARENTS**

Select **LOCKDOWN LIBRARY**

You will find the following sections and contents:

SAFEGUARDING

Child Protection Policy and new addition to address Covid19.

PARENT SUPPORT

Tameside Parenting Team who have set up a parent helpline.

Early Help Access Point which has a wealth of support for families including an up to date Tameside Service Information Directory.

Solihull Online Parent Course

GOV.UK advice to parents on school closures including links to resources for Under 5's and 4-11 year olds.

Dads Matter video clip

"Super Parent" a realistic and reassuring short video clip about parenting during Lockdown.

Foodbank Information.



Children's Nutrition Team information.

Care for the Family link to their website offering support on Parenting, Marriage and Bereavement.

WELLBEING

Fantastic resources to improve physical and emotional wellbeing, including practical ideas and video clips from

Mental Health England, Public Health, Mind, Young Minds, Place2Be and Anna Freud Centre.

We have also included a range of activities produced by **Sesame Street** to engage children in play and learning activities.

ONLINE SAFETY

The internet has played a vital role in helping us stay connected and continue to work and function as a family. This section has useful resources to help parents and children navigate the online world safely.

Toolkits and easy to use guides have been included from the **NSPCC, The Children's Commissioner, Think You Know/CEOP and Be Internet Legends from Parentzone.**

We hope you find the resources useful. We will be adding to the contents all the time so do check in whenever you like and remember if you need specific support for anything call school on 0161 366 0177.

We are here for you!

Warmest regards,

Mrs Kathryn Thornburn

Principal