**Supporting your child’s wellbeing**

Dear parents and carers,

During this difficult time I wanted to reach out to let you know that, even though our school is currently closed to all but a few children, we’re still here to support your child and your family in whatever way we can.

You might be noticing signs of increasing anxiety in your child as they’re spending more time indoors and outside of their normal routines. These might include:

For pupils ages 3-6 years:

* Regressing to behaviour they’ve outgrown, such as thumb-sucking or bed-wetting
* Showing greater fear at being separated from you
* Tantrums
* Trouble sleeping

For pupils ages 7-10 years:

* Expressing sadness, anger or fear
* Sharing false information that they’re hearing from their peers or seeing online
* Wanting to talk about coronavirus all the time
* Not wanting to talk about the current situation at all
* Having trouble concentrating
* Tantrums

For preteen and teenaged pupils:

* Acting out – this might include things like picking fights with you or with siblings
* Becoming afraid to leave the house
* Distancing themselves from their friends and family
* Exhibiting intense emotions but being unable to talk about what they’re feeling

We’ve put together some resources to help you support your family. We hope you find this information helpful.

If you have any concerns about how your child is coping or you need any other support from the school, please let us know by Seesaw or you can ring school (01925723550).

We’re extremely grateful for all the support you’ve shown us as we’ve adapted to these new circumstances, and we want to reassure you that we are still here to support you too.

We can and will get through this together.

Kind regards,

Park Road CP School Team

**Take care of yourself**

It’s really important right now to take care of your own physical and mental health. Children are very perceptive, and they react to what they sense from the adults around them.

**How to talk to your child about what’s happening**

No matter how calmly you manage the current environment, children are likely to be anxious, so it’s important to talk to them about what’s happening.

**For younger children**

Children pick up bits of information from their friends, from the news and from listening to adults talking around them – but they can misunderstand what they’re hearing.

**Deal with the news head-on and talk about it openly and calmly, giving them the facts**

* Give them age-appropriate information – take a look at:

[BBC Newsrou](https://www.bbc.co.uk/newsround/51204456%20/o%20BBC%20Newsround%20hub%20/t%20_blank)nd hub – regularly updated with information and advice

[#c](https://www.mindheart.co/descargables%20/o%20#covibook%20%5Ct%20_blank)ovibook – for under 7s

[Children’s g](https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/)uide to coronavirus – a download from the Children’s Commissioner to help explain the situation to children

* Teach them how to know if information they find on the internet is reliable. Explain how some stories on social media may be based on rumours or inaccurate information
* Encourage them to take breaks from listening to or reading the news – overexposure isn't helpful

**Encourage questions**

* This will give them the confidence to reach out, if they have anything to ask
* Be reassuring but honest when answering questions – it's ok if you don't have all the answers
* Be ready to answer the same question over and over – children tend to repeat themselves when they're feeling uncertain or worried, so you might have to answer the same questions more than once as they seek extra reassurance

**Be a role model**

* Recognise and manage your own worries first
* Be open about your own feelings and let them know it’s normal to be concerned – for example, let them know you’re also finding the news a bit worrying and what you’re doing to stay calm

**Explain how our body's immune system protects us**

* It's constantly working against germs without us knowing. We can't and don't need to control this process
* Explain that we're taking precautions against this particular germ because it's a new one which our bodies haven't come across before
* Remind them how important it is that they eat healthy food, sleep and exercise, as this helps to fight germs
* If it helps, reassure them that the effects of this virus on healthy young people are very mild

**Keep doing your bit to help children reduce the spread of germs**

* Remind them to maintain good hygiene like bathing daily and wearing fresh clothes
* Encourage them to sing 'happy birthday' twice when they're washing their hands

**For older children**

Older children will have the same anxieties about their own health and that of their family and friends as younger children. But they’re also likely to feel socially isolated, and worried about the result of school closures on their education and what life will be like after the pandemic is over.

In addition to the steps above:

**Reassure them** that when more guidance comes from the school about how grades will be awarded, you’ll share this with them as soon as you have it – you could also check that they understand the information you’ve received so far, in case there are any points of confusion or worry that the school could help to clarify

**Encourage them to maintain social ties** – relationships are especially important for older children, so give them room to keep in touch with their friends

**Equip them with accurate information**–for example:

* [Mythbu](https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters%20/o%20Mythbusters%20/t%20_blank)sters from the World Health Organization
* [Data visu](https://informationisbeautiful.net/visualizations/covid-19-coronavirus-infographic-datapack/%20/o%20Data%20visualisation%20pack%20/t%20_blank)alisation pack from Information is Beautiful (regularly updated)

**Share tools to help them manage anxiety**

* YoungMinds: [practical steps to](https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/%20/o%20do%20if%20they%26#39;re%20anxious%20%5Ct%20_blank) take if you're anxious about coronavirus
* Mind: [how to take care o](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing%20/o%20Helping%20pupils%20to%20cope%20/t%20_blank)f your wellbeing when staying home

**If your child struggles with higher levels of anxiety**

Some children are naturally more anxious, such as those with existing phobias or obsessive-compulsive disorders. The current situation can make those anxieties worse.

* Get them to do activities such as counting, ordering and sorting tasks which can help them calm down
* Encourage them to use relaxation techniques such as controlled breathing
* Look out for obsessive or compulsive behaviours and try to get ahead of them early by challenging unhelpful thoughts and assumptions
* If you’re worried about your child’s anxiety, **YoungMinds** is a charity dedicated to children’s mental health. They’ve opened a [parents’ he](https://youngminds.org.uk/find-help/for-parents/parents-helpline/)lpline for confidential, expert advice. You can reach them at 0808 802 5544

**Helplines and websites for children and young people**

If your child would like to speak with someone confidentially, there are helplines and websites specifically for them.

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| ORGANISATION | CONTACT INFORMATION |
| **Shout**Free, confidential support via text, available 24/7 | Text SHOUT to 85258 in the UK to text with a [train](https://www.crisistextline.uk/)ed crisis volunteer who’ll provide active listening and collaborative problem-solving |
| **The Mix**Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem | Call 0808 808 4994 for free (11am to 11pm daily)Access the [online co](https://community.themix.org.uk/)mmunityEmail [Th](https://www.themix.org.uk/get-support/speak-to-our-team/email-us)e Mix |
| **ChildLine**Confidential telephone counselling service for any child with a problem | Call 0800 1111 any time for freeHave an [online cha](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/)t with a counsellor (9am to midnight daily)Check out the [messag](https://www.childline.org.uk/get-support/message-boards/)e boards |

**How to make home learning work for your family**

The tips here are from the factsheet in our article [Coronavirus: ad](https://schoolleaders.thekeysupport.com/uid/456dfc6e-e657-468c-a390-823d3d00ebfd/)vice for parents on supporting home learning.  We’re realistic about what pupils will be able to do during this period, and we want you to be too. You're not expected to become teachers and your children aren't expected to learn as they do in school. Simply providing them with some structure at home will help them to adapt.

The following tips are designed to help you create a positive learning environment at home. See what works best for your household.

**Create and stick to a routine**if you can. This is what children are used to.For example, eat breakfast at the same time and make sure they're dressed before starting the ‘school’ day – avoid staying in pyjamas!

**Involve your children in setting the timetable**where possible. It’s a great opportunity for them to manage their own time better and it’ll give them ownership

**Check in with your children and try to keep to the timetable, but be flexible and weather savvy.** If a task/activity is going well or they want more time, let it extend where possible

If you have more than 1 child at home, **consider combining their timetables**. For example, they might exercise and do maths together – see what works for your household

**Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over

**Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day

**Take stock at the end of each week.** What's working and what isn't? Ask your children, involve them too

**Distinguish between weekdays and weekends**,to separate school life and home life

**Give them chores** to do so they feel more responsible about the daily routine at home

Ask them to **help you cook** and bake

Accept that **they'll probably watch more TV/spend time on their phone**– that's ok but you might want to set/agree some screen time limits

Please don’t worry about your children getting behind with learning. Everyone’s in the same boat, and when things get back to normal we’ll make sure we get everyone back on track. Just do what you can and when you can.

**Where to find learning resources online**

There’s plenty of support for parents online for everything from tools for home learning to PE. Your weekly home learning announcement on Seesaw will direct you to the places we want you to access. But there are plenty more resources if you require them.

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| ORGANISATION | CONTACT INFORMATION |
| **BBC Bitesize**Online resource for learning and revision. Starting on 20 April, you’ll also find daily lessons to support home learning | Website: [https://www.bbc.c](https://www.bbc.co.uk/bitesize)o.uk/bitesize |
| **GoNoodle**Movement and mindfulness videos for primary children | Website: [https://www.g](https://www.gonoodle.com/)o[noodle.com/](http://noodle.com/)  |
| [**STEM.org.uk**](http://stem.org.uk/)Free home learning resources for all ages in science, technology, engineering and maths | Website: [https://www.s](https://www.stem.org.uk/home-learning)t[em.org.uk/home-learning](http://em.org.uk/home-learning)  |
| **Twinkl**This popular site for teachers is now offering free daily activities for home learning | Website: [https://www.twink](https://www.twinkl.co.uk/home-learning-hub)l.[co.uk/home-learning-hub](http://co.uk/home-learning-hub) |
| **English National Ballet**Free ballet classes streamed daily | Website: [https://www.youtube.](https://www.youtube.com/user/enballet)com/user/enballet |
| Home learning site recommended by the government (choose carefully) |  <https://www.thenational.academy/> |
|  Classroom secrets |  <https://classroomsecrets.co.uk/free-home-learning-packs> |

**Where to turn to for help**

It’s okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:

**Mental health**

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| ORGANISATION | CONTACT INFORMATION |
| **Mental Health Foundation**Provides information and support for anyone with mental health problems or learning disabilities | Website: [www.mentalheal](http://www.mentalhealth.org.uk/)t[h.org.uk](http://h.org.uk/)  |
| **Mind**A mental health charity | Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)Website: [www.mind.org.](http://www.mind.org.uk/)uk |
| **PAPYRUS**Youth suicide prevention society  | Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays)Website: [www](http://www.papyrus-uk.org/).[papyrus-uk.org](http://papyrus-uk.org/) |
| **Samaritans**Confidential support for people experiencing feelings of distress or despair | Phone: 116 123 (free 24-hour helpline)Website: [www.samari](http://www.samaritans.org/)t[ans.org.uk](http://ans.org.uk/) |
| **SANE**Emotional support, information and guidance for people affected by mental illness, their families and carers | Website: [www.san](http://www.sane.org.uk/support)e.[org.uk/support](http://org.uk/support) |
| **YoungMinds**A charity dedicated to children’s mental health | Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)Website: [www.young](http://www.youngminds.org.uk/)minds.[org.uk](http://org.uk/) |
| **Cruse Bereavement Care**Support for grief and bereavement | Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm)Website: [www.cru](http://www.cruse.org.uk/home)s[e.org.uk](http://e.org.uk/) |

**Domestic violence**

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| ORGANISATION | CONTACT INFORMATION |
| **NSPCC**Child protection charity  | Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline)0800 1111 for children (ChildLine’s 24-hour helpline)Website: [www.nspcc.o](http://www.nspcc.org.uk/)r[g.uk](http://g.uk/) |
| **Refuge**Advice on dealing with domestic violence | Phone: 0808 2000 247 (24-hour helpline)Website: [www.](http://www.refuge.org.uk/)r[efuge.org.uk](http://efuge.org.uk/) |

**Community support and Foodbanks**

**Local support services**

**Warrington food bank**

Families do not need a voucher to access the foodbank at the moment.

**Torus Foundation Warrington/Nisa Dallam**

Sign up to <http://dallamstores.com> there will be one drop off per household per day for essentials only.

**Kings church Warrington**

Are accepting food donations Wednesday 25th March 10.30-12.00 - contact King’s Church and they can deliver to Bewsey and Whitecross.

**Ames Hapi Hub**

Fresh breads/sachets of detergent/softener/fresh produce outside 11 Festival Crescent available to take – not sure what is still available – contact Hapi Hub for details via facebook

**Neighbourhood Food Larder**

<http://nflfoods.co.uk/> or 07961834480 – check on Facebook

**Warrington Voluntary Action**

Are accepting volunteers to coordinate a response across the borough. Can be contacted via WBC if self-isolating and need support.

As a first point of contact families can seek advice/support from:

My life Warrington

TURN2US

The money advice service

British Gas Trust

Citizens Advice Bureau

**United Utilities**

For support with water bills follow link https://wwtonline.co.uk/tags/coronvirus

**Care UK Charity**

Have essential items available for front line workers and the vulnerable:

Hygiene packs

Nappies

Baby milk

Masks and gloves

Hand creams

**Gas/Electric** – contact supplier in the first instance

**WBC – Local Support scheme** – apply online

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| **Company** | **Services** | **Contact details** |  |
| Deadeyes, Bridge Street | Burgers, hotdogs, street food. Free delivery within three miles. Choose from a selection of two-course meals for £10.95. Thursday - Saturday 17:00 - 22:00 | 01925 573462 / 07552 400515 |  |
| Heaths 26, Stockton Heath | Breakfasts, sandwiches, wraps, omelettes, baked potatoes and salads | 01925 262626 |  |
| Horseshoe Inn, Croft | Traditional pub menu. Free delivery within four miles. | 01925 764464 |  |
| La Boheme, Lymm | Special menu available on the website. Place orders over the telephone and then collect | 01925 753657 |  |
| Mrs Massey's Munchies at The Imperial Hotel, Bewsey | Breakfasts, jacket potatoes, baguettes, pies and pub food. Delivery available from 9:00 - 14:00 | 07730 467208 |  |
| The Station House, Padgate | American-style and traditional pub food available between 12:00 and 20:00 | [www.stationhouse.online](http://www.stationhouse.online/) |  |
| Room Forty mobile afternoon tea | Delivery in a box: sandwiches, cakes,vintage china, cultery, tablecloths and bunting | roomforty.co.uk  |  |
| Trigger Pond, Great Sankey | Takeaway service with 20% discount: fish and chips, buttermilk chicken and a vegan menu | 01925 791165 |  |
| Uncle Don's Fish and Chip, Grafton Street | Free delivery from 20/3/2020 available from 16:00 - 19:30 | 01925 659943 |  |
| Warrington Independent Domestic Violence Advocates | Support with domestic violence | warringtonidvaservice@refuge.org.uk  |  |
| Creamline Dairies | Basic and fresh products delivered within 48 hours | [www.creamline.co.uk](http://www.creamline.co.uk/) |  |
| Community and voluntary groups | Coordinating and organising those willing to volunteer | 01925 246880 info@warringtonva.org.uk  |  |
| Foodbank donations | Donations are being received for foodbanks at the following stores: Sainsbury's in Lymm, Culcheth and Chapelford, Tesco Extra on Winwick Road, Morrison's in Stockton Heath, all 3 ASDA stores, any SPAR store and Fearnhead Cross Community and Youth Centre |   |  |
| Salvation Army | They are able to support the elderly and vulnerable with shopping. | 01925 451000 |  |
| Donatello, Orford Lane | Pizza delivery within three miles on orders of £15. £1.50 delivery charge | 01925 415152 |  |
| Efes Brasserie, Sankey Street | Indian and Greek food for takeaway or delivery | 01925 632987 |  |
| George and Dragon, Glazebury | Pizzas, pastas, burgers and traditional pub food for collection or delivery |   |  |
| Mr Lau's, Springfield Street | Dim Sum restaurant offering a delivery service including drinks. You can order ahead and book a delivery time | mrlaus.com  |  |
| The Stag at Walton | Traditional pub menu with collection or delivery service. There is a grocery store next door so they will also deliver basic groceries | 01925 261680 |  |
| Cheshire Community Foundation | Charitable fund supporting charities that are meeting the needs of the community buring the COVID-19 outbreak | office@cheshirecommunityfoundation.org.uk grants@cheshirecommunityfoundation.org.uk (this is one link) 01606 330607 |  |
| Age UK | Wellbeing calls being made to the elderly: phone calls, health checks, medication, critical shopping and delivery support. Priority given to those over 70 and living alone | 0300 003 1992 Monday to Thursday, 10:00 - 14:00 |  |
| O'Brien's Hair and Beuaty Salon, Orford Lane | Offering free blow dries to NHS staff |   |  |
| Alzheimer's Society | Offering telephone support: Dementia Connect Support Line | 0333 150 3456 www.alzheimers.org.uk  |  |
| Helping Hands Orford and Poplars and Hulme | Street Ambassadors scheme offering support to elderly neighbours in terms of care packages and pen pal messages from children | [facebook.com/groups/2594923974167016.](https://www.facebook.com/groups/2594923974167016/) |  |
| Help Warrington's NHS Heroes donations | Donate to Warrington Guardian's fundraising campaign to support NHS staff | [www.justgiving.com/fundraising/warrington-guardian](http://www.justgiving.com/fundraising/warrington-guardian) |  |
| Caffe Caruso, Horsemarket Street | Delivery of Italian food, pay over the telephone | 01925 416921 |  |

**Foodbanks**

**Orford Foodbank Centre Hood Manor Foodbank Centre**

**Emmaus Church Methodist Church**

**Capesthorne Road Raikes Close (off Dorchester Rd)**

**Orford Great Sankey**

**WA2 9AP WA5 1XE**

**01925 656447 01925 722191**

**Mon 12 - 2pm Fri 1 - 3pm**

**Culcheth Foodbank Centre Birchwood Foodbank Centre**

**Quench Café Birchwood Community Centre**

**50 Lodge Drive Delenty Drive**

**Culcheth Birchwood (Opposite Police Station)**

**WA3 4ER WA3 6AN**

**01925 764058 01925 458130**

**Thurs 11am - 1pm Mon 1 - 2pm**

**Unit 2 Fearnhead Foodbank Centre**

**Tanning Court Fearnhead Cross Community Centre**

**Warrington Insall Road**

**WA1 2HF WA2 0HD**

**Mon 4.30 – 6.30pm 01925 827195**

**Tues 12 – 2pm Weds 12 - 2pm**

**Weds 10.30 – 12.30**

**Thurs 12 – 2pm**

**Fri 12 – 2pm**

***David McDonald,***

***Manager, Warrington Foodbank***

***9 Tanning Court***

***Warrington***

***Cheshire***

***WA1 2HF***

***Tel. 07583080521***

***E-mail:*** ***manager@warrington.foodbank.org.uk***

The Universal Infant Free School Meals (UiFSM) is a Government scheme whereby all children in Reception, Year 1 and Year 2 receive a free meal at school and this is provided to all children in these classes regardless of the financial situation of the parents/carer.  Free School Meals (FSM) are awarded to families due to them meeting criteria for potential financial hardship.  You can see the criteria on WBC's website <https://www.warrington.gov.uk/freeschoolmeals>.  The school is currently issuing vouchers to families who come under the FSM scheme but the UiFSM is not included in this.  If your circumstances have changed and your child is in KS1, you can send the following details to Child’ name, mum’s name, DOB, NI no, Dad’s name, DOB and NI no to parkroad\_primary@omegmat.co.uk and we can ask for your status to be rechecked.  If children are in KS2, they should follow the link to WBC’s website and apply directly.