



Wallace Fields Junior School

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Pastoral and Wellbeing Guidance for parents and carers for children learning at home

Dear Parents/Carers,

It is very challenging being faced with hours of online learning for many different reasons. To help with the variety of issues that are being faced due to the children not physically attending school, we have provided some information, advice and links to documents and websites that can help you.

Mental Health Information and support

The Government has published information for parents and carers regarding the school closures, which can be found [HERE](#). In this guidance, it states how important it is to look after your own mental health and well-being as well as that of your children. They have detailed information covering lots of different areas and links to websites that can support you [HERE](#). You can look at the contents to find the relevant information to suit your needs. The [Every Mind Matters](#) website is also a valuable resource for help and support. The [NSPCC](#) also have support and advice on talking to your child about the Coronavirus and helping to support their mental health.

Pastoral Support

Class teachers are available to speak with children through Google Classroom. If you feel your child is struggling at home and in need of more support, you could request a phone call from your class teacher or teaching assistant to talk through any concerns or worries they may be having. From this, there may be an offer advice from the Emotional Literacy Support Assistant, or online sessions with your child.

SEND child support

Children with a SEND support plan will continue to be supported. The in class support may now be through differentiated activities or input, live lessons or support during lessons, or individual telephone support. Interventions will take place via small group live activities through Google Classroom Meets. In normal circumstances, interventions will take place in 6 week blocks throughout the year, so it may be that your child may not have intervention during this half term, but will continue next half term. You will be contacted daily by the class teacher, or teaching assistant, via telephone or Google classroom or Google Meets to ensure that your child is able to access work online and offer support.

EHCP child support

During lockdown, your child is still entitled to support through their Education, Health and Care Plan, whether they are at school or at home. Support from school will continue daily, as online support from the child's special needs assistant where possible, but it may also come from the class teacher or another teaching assistant that your child is familiar with. Interventions and support will take place via Google Classroom and Meets. If your child is expected to have any review meetings this term, they will take place as usual but online.



If your child usually has support from external services such as speech and language therapists or occupational therapists, they will be in touch with the school to confirm how they will continue to support your child. This may be through online support or packs that will be sent in to school or home to work from. We will be in contact with you individually to let you know how this support will continue.

Screen time

It is important that children do not spend too much time looking at screens without a break. When they are completing work on paper, encourage them to move away from the screen so that they are not tempted to keep looking at it whilst they are working.

While using the screen, it is important to have breaks every 20 minutes. Have a 20-20-20 rule. Pause, look 20ft away for 20 seconds. Let your eye muscle relax, squeeze stagnant tears away. If your child has been advised by an optician to wear glasses while using a screen, then they should wear them. Try to have the screen at least at an arm's length from eyes.

It is good, where possible, to spend at least 2 hours outside a day. When not working, if using screens for entertainment purposes, try to use a screen that is further away. For example, watch television or films from the main TV screen rather than a handheld device.

Using screens close to bedtime may contribute to poorer sleep, which may mean your child's concentration levels are lower during the day. This may be because blue light is linked to the suppression of the hormone melatonin, which makes us feel sleepy. Using night settings, if your device has them, may help children sleep by reducing the amount of blue light given off by the screen during night-time hours. It is recommended that children are away from screens for at least two hours before bed. Please encourage your children to read a paper book before bed.

Screens for dyslexia

For children with dyslexia, there are various ways to make a screen easier to look at for longer periods. On Android Phones or devices you can download the free app Tint Vision and then apply the colour you need. On an iPad and iPhones go to: Settings > Accessibility > Display Text & Size > Colour Filters > Slide to ON and pick the colour you need by sliding the intensity and hue. On Laptops – Open Google Chrome > type screen shader > click the link and add to chrome > click add extension > press the jigsaw piece on the toolbar for extensions (1) > select screen shader > select colours and pick the colour you need (2) > if you need a colour not available click the + button and select the right colour on the wheel and press add colour (3) > finally to adjust the shade of your colour select shade and drag the slider (4).

E-Safety

As children will be spending so much time online, it is vital that you are of and up to date with e-safety. Please look again at guidance sent through to you previously by our e-safety lead, or look at the school website [computing page](#) for further information. Links to external websites that offer advice and support for both parents and children are at the bottom of the page.

Kind regards,

Mrs King

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