

APRIL 2020

# SALUSBURY PRIMARY SCHOOL WELLBEING WISHES

THE LOCKDOWN EDITION

## INTRODUCTION

As we face uncertain times, taking care of our emotional and mental wellbeing is really important. Parents are juggling their own workload, home-schooling, being indoors with their families, managing life, trying to keep it normal and all whilst the world is changing around us due to the COVID-19 pandemic.

The purpose of this newsletter to support our families with information, guidance and links.



## TAKE A PEEK!

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## ISPACE WELLBEING

We are very excited to have joined forces with iSpace Wellbeing. They are a company dedicated to well-being which has online lessons to support your child's emotional and mental well-being. There are currently lessons and activities that your child can access over a 5 week period. Please work through these sessions at a pace that suits you and your family. To find out more, attached with this newsletter is all the information including the instructions to sign up.

## PLACE2BE



Place2Be is offering information and support on their website with a specially dedicated area for coronavirus. It can be found at <https://www.place2be.org.uk/coronavirus>. Here you will be able to access information, guidance activities and signposting to other agencies for support during the pandemic. Our Place2Be Project Manager, Esther, is working remotely and she is supporting some of our families. If you have any concerns about your child's, or your own, mental health, please contact us via the school office and we will be able to organise a phone call or give you guidance on other support available.

IT'S  
OKAY

- \* TO MAKE MISTAKES
- \* TO HAVE BAD DAYS
- \* TO BE LESS THAN PERFECT
- \* TO DO WHAT'S BEST FOR YOU
- \* TO BE YOURSELF.

STACIE SWIFT

# FOOD HUBS

Following the national toilet roll and pasta shortage, things are beginning to return to normal in supermarkets and local shops, albeit from a safe 2 metre distanced queue. However, we know that times are harder than usual and many people may be in need of regular food support or the occasional top-up.

We are currently working closely with local food banks and this week, we launched the '**Gift your neighbour**' hub in collaboration with Salusbury World, Laurence's Larder, Kensal and Queen's Park Community Support, The Maqam Centre and local residents associations. The purpose being for the local community to share food and groceries one another. **The hub is every Monday in our EYFS playground and must be accessed via Lonsdale Rd where we will open up the gates. Times to collect food are between 2-3.30pm. To drop off food and please deliver between 12-3pm. The Maqam is also running a hub on Thursdays.** Items we would like:

- fresh fruit and veg
- dried goods (like rice and pasta) and cans (baked beans, soup, tomatoes, etc)
- homemade baked things - like bread & biscuits. Everything must be clearly labelled and must not contain nuts
- NO other homemade dishes!

Another fabulous community gem is the **Granville Community Kitchen** who are providing local families in need with food, supplies and cooked meals on Wednesdays and Fridays. If you are interested in receiving any of the above please contact Ms Armstrong via the school office or [admin@salusbury.brent.sch.uk](mailto:admin@salusbury.brent.sch.uk). Granville are also looking for delivery drivers, please get in touch if you have a car and are able to volunteer.

## CHECK INS

At Salusbury Primary, we truly believe we are a family and we want to remain connected. Everyone will have regular contact with their class teacher and some of you may receive, or have already received, a 'check-in' phonecall from one of the team. We want to reassure you that this is purely to see how you and your family are and if there is anything we can do to help.

## OTHER INFO

Below are some other services, you may find helpful

- **Shout** (in Partnership with Place2Be). This service is primarily aimed for students aged 10 years plus and is delivered by a team of crisis volunteers. Place2Be schools and their students can text **P2B to 85258** 24 hours a day.
- **Childline** - for children. **Call 0800 1111 24** hours a day
- **Samaritans** - for adults. **Call 116 123 24** hours a day
- **Every Mind Matters** - for adults visit <https://www.nhs.uk/oneyou/every-mind-matters/>
- **One You Home Workout** 10 min videos on <https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

**If you know of any great services or websites, please let us know so we can share them with everyone!**



## SAFEGUARDING

Safeguarding, more than ever, is everyone's responsibility and we have a dedicated Safeguarding telephone number that you can call

**The safeguarding mobile number is 07706 298 121**

**If someone's life is in immediate danger, please call 999**

Children's Social Services is another agency you can call if you have any concerns about a child being harmed or at risk of harm. Please contact

**Brent Family Front Door on: 020 8937 4300 (Option 1)**

If you are calling outside normal office hours (9am - 5pm) please call the emergency duty team on: 020 8863 5250