

Emscote Express

Issue 9, 29th January 2021



Dear Parents/Carers,

Once again, we would like to thank you for supporting your children in their live learning. We are grateful to all those who have already completed our questionnaire regarding our Zoom sessions and the positive feedback has been overwhelming. Your responses not only provide us with an insight into how our Zoom sessions are being received, but also helps us evaluate whether we need to make any changes to our learning schedule. You are also invited to join us for parents' evening this term, which will provide the opportunity to share information about how your child is coping with online learning or being in school during lockdown. The focus of this parents' evening will primarily be wellbeing, support and advice rather than the academic progress of your child/ren at this stage.

As a school we want to continue to support our community as much as possible through this difficult and unusual time. It is so important that we remember the importance of self-care too. With this in mind, this week's newsletter offers lots of information, resources and support lines for families to access.

On Monday 1st February at 7.15pm, I will be hosting a talk on how to help your child develop a 'growth mindset' (details on page 3). All are welcome, especially reception year and anyone new to the school and I hope to see many of you there.

Yours sincerely,

Mr Queralt

Thank you for all the positive feedback and the fantastic work you have been sending in on behalf of the children. Please keep sending us your work to email addresses below:

Reception: YearREIS@welearn365.com

Year 1: Year1EIS@welearn365.com

Year 2: Year2EIS@welearn365.com



Dates for the diary.... All other future dates and events will be dependent on Government advice. We will send any information as soon as we can.

Dates for the Diary		
2021		
Monday 1st February	Growth Mindset Zoom Meeting	7.15pm For reception year and new parents
Tuesday 9th February	Parents' Evening Zoom Meetings	Time slots and zoom links have been emailed out to all parents
Thursday 11th February	Parents' Evening Zoom Meetings	Time slots and zoom links have been emailed out to all parents
15 th - 19 th February	Half term	
Monday 22nd February	Return to school	Inset day cancelled
Tuesday 23rd February	Living eggs arrive in school	Postponed

Growth Mindset Parent Meeting - Monday 1st February

Mr Queralt is doing a talk on how to help your child develop a 'growth mindset'. All are welcome, especially reception year and anyone new to the school.

What is a Growth Mindset?

Children with a **fixed mindset** believe that they are born with their intelligence and talent and it can't change... Children with a **growth mindset** believe that ability can change as a result of effort, perseverance, and practice. You might hear them say, "Maths is hard, but if I keep trying, I can get better at it."

Meeting Details

Join Zoom Meeting

<https://zoom.us/j/93015611154?pwd=OGNWMjBFeHBVbEc5YWw2bnNXdGNtQT09>

Meeting ID: 930 1561 1154

Passcode: 5FNup5

Parents' Evening Meetings – Tuesday 9th and Thursday 11th February

This term we will be holding virtual parents' evening meetings, via Zoom again. These meetings provide an opportunity to share information about how your child is coping with online learning or being in school during lockdown. The focus of this parents' evening will primarily be wellbeing, support and advice rather than the academic progress of your child/ren at this stage. For those who are attending our online Zoom sessions, please can we ask that you **complete our survey by Tuesday 2nd February**: <https://forms.gle/h8B7BNRrBVNvYSMz6>

Each family has been allocated a 10-minute time slot. Please check your email for your invitation link and time slot.

Mathletics Madness!

Mathletics



As you are hopefully now aware, January is our Mathletics Month. Children are encouraged to log in to Mathletics as often as possible, and every time they earn a certificate, they will be entered into a draw to win some fantastic games and prizes. The cut off for the competition this year is February 12th and we will announce the winners after half term. ***If you have lost your log in or need any other assistance contact the office or your year group email.***



National free school meals voucher scheme

In response to schools being largely closed to most pupils during the current national lockdown, the national free school meals voucher scheme has been reinstated to provide support to families during term time. This will be managed centrally by the Department for Education and provided by Edenred. The voucher scheme will be made available to those eligible for non-universal free school meals from the beginning of February. If you think you may be eligible for free school meals then you can apply online at <https://www.warwickshire.gov.uk/education-learning/apply-free-school-meals>



Transforming Communities Together

Families eligible for Free School Meals can order a frozen food hamper for February half term, Easter Holidays and at any point throughout lockdown if they need it. If you would like to order a hamper please contact the office ASAP and let us know how many people are in your family.



Lockdown lunches and meal plans

Change4Life have created recipes and shopping lists for families which can be used to create lunches for around £15 each week. Please share this information with your parents/carers.

<https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas>



Children's Mental Health Week (1st-7th February 2021)

The theme of this year's Children's Mental Health Week is **Express Yourself**.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

As parents and carers, you play an important role in your child's mental health. For lots of free resources and ideas visit

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

Visit our mindfulness page of the school website for lots of activities aimed at helping you and your family to cope with lockdown and life's worries. There are free printables to download, mindfulness activities, guided meditation and breathing techniques.

https://emscote-infant-all-saints-junior.eschools.co.uk/cms_manage/edit_page/499403



Warwickshire Update – Working Together Newsletter

'Take 5' to look after your mental health and wellbeing

January presents challenges for many of us with the dark, winter weather, and coupled with a national lockdown, we want to remind our residents to Take 5 with advice and tips to help stay mentally and physically well.

<https://mailchi.mp/warwickshire/warwickshire-update-19-june-1193880?e=819c8cf1fc>

Time to Talk Day – Thursday 4th February

The Time to Talk campaign highlights mental health issues and how having a small conversation has the power to make a big difference. For more information and resources click on the compass health link <https://www.compass-uk.org/wp-content/uploads/2021/01/Time-to-Talk-activity-sheet.pdf>

One way to help children to cope with challenges and change is through kindness. The **British Red Cross** have put together a kindness activity pack aimed at encouraging children ages 7-14 to:

- think about the importance of kindness and do small acts of kindness each day
- get creative through colouring activities which is a great way to relax and focus
- keep track of their emotions and feelings as they go through change and stress
- empathise with others as they think about how change can affect us all
- learn to cope through some simple coping and wellbeing activities

To download your pack visit <https://www.redcross.org.uk/get-involved/teaching-resources/home-learning-resources>

Family Information Service newsletter

In this week's edition of the Family Information Service newsletter you'll find mental health resources to support families throughout lockdown, activities and educational content for children learning at home and much more!

<https://mailchi.mp/warwickshire/family-information-service-newsletter-1194055?e=56e08a503a>

Click here for a special edition of the Family Information Service newsletter, providing you with lots of useful information on keeping yourself and your family safe while we are all continuing to spend a lot of time at home

<https://mailchi.mp/warwickshire/family-information-service-newsletter-1194155?e=56e08a503a>

The Family Information Service is here to support you throughout lockdown and beyond on a range of issues. You can get in touch with us by emailing fis@warwickshire.gov.uk or calling [01926 742274](tel:01926742274).

There's lots of information to support you, just visit www.warwickshire.gov.uk/childrenandfamilies.

Warwickshire Families Magazine Jan/Feb 2021 Edition

<https://issuu.com/familiesonline/docs/familieswarwickshirejanfeb21?fr=sOWY5YjI2ODA1ODQ>

Warwickshire Local Welfare Scheme

01926 359182 or 0800 408 1448 www.warwickshire.gov.uk/localwelfarescheme
For information about wider support from the council and other services, go to: www.warwickshire.gov.uk/facinghardship

School Health Newsletter January 2021

Following the government's lockdown announcement, Warwickshire School Health are still available to support schools and their children, young people and families. Their latest newsletter focuses on supporting families during this third lockdown.

<https://www.compass-uk.org/wp-content/uploads/2021/01/WSHWBS-newsletter-January-2021.pdf>

Raring2Go! Digital Magazine, winter edition

For lots of ideas and activities of how to keep the family entertained during lockdown visit <https://magazines.raring2go.co.uk/southwarwickshire/winter/>

Financial Support and Assistance Advice

If you require any information around financial support and assistance you can visit <https://www.warwickshire.gov.uk/benefitsandwelfare> or <https://www.solihull.gov.uk/benefits> or <https://www.birmingham.gov.uk/benefits>

These websites cover housing benefits, council tax support, welfare, debt managing and budgeting.

The Citizens Advice Bureau can also offer advice and support regarding finances:

<https://www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-billsbecause-of-coronavirus/>
<https://www.citizensadvice.org.uk/benefits/coronavirus-check-what-benefits-youcan-get/>
<https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-helppaying-your-bills/you-cant-afford-to-top-up-your-prepayment-meter/>

Alternatively if you are in crisis we would recommend

<https://www.barnardos.org.uk/see-hear-respond>



CHILDREN & FAMILY SUPPORT

Would you or someone you know benefit from parenting advice and support at this difficult time?

The family support duty helpline operates, Monday to Friday from 9.00 a.m. to 4.00 p.m. On:

01926 412412

Support is available regarding all aspects of parenting and family life.



 Warwickshire County Council



To contact the Family Support Team please telephone **01926 412412** or send an email to the your local family support team:

North Warwickshire:
familysupportnorthwarks@warwickshire.gov.uk

Nuneaton and Bedworth:
familysupportnunbed@warwickshire.gov.uk

Rugby:
familysupportrugby@warwickshire.gov.uk

Warwick District:
familysupportwarwick@warwickshire.gov.uk

Stratford District:
familysupportstratford@warwickshire.gov.uk

Support can be offered through telephone calls, video calls, text messaging or emails to suit your individual needs.



Parenting programmes and workshops are also available.

www.warwickshire.gov.uk/children-families/parenting-courses

<p>Anxiety UK Charity providing support if you have been diagnosed with an anxiety condition. Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm) Website: www.anxietyuk.org.uk</p>	<p>Bipolar UK A charity helping people living with manic depression or bipolar disorder. Website: www.bipolaruk.org.uk</p>	<p>CALM CALM is the Campaign Against Living Miserably, for men aged 15 to 35. Phone: 0800 58 58 58 (daily, 5pm to midnight) Website: www.thecalmzone.net</p>
<p>Men's Health Forum 24/7 stress support for men by text, chat and email. Website: www.menshealthforum.org.uk</p>	<p>Mental Health Foundation Provides information and support for anyone with mental health problems or learning disabilities. Website: www.mentalhealth.org.uk</p>	<p>Mind Promotes the views and needs of people with mental health problems. Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: www.mind.org.uk</p>
<p>No Panic Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD. Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge Website: www.nopanic.org.uk</p>	<p>OCD Action Support for people with OCD. Includes information on treatment and online resources. Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge Website: www.ocdaction.org.uk</p>	<p>OCD UK A charity run by people with OCD, for people with OCD. Includes facts, news and treatments. Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm) Website: www.ocduk.org</p>
<p>PAPYRUS Young suicide prevention society. Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays) Website: www.papyrus-uk.org</p>	<p>Rethink Mental Illness Support and advice for people living with mental illness. Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm) Website: www.rethink.org</p>	<p>Samaritans Confidential support for people experiencing feelings of distress or despair. Phone: 116 123 (free 24-hour helpline) Website: www.samaritans.org.uk</p>
<p>SANE Emotional support, information and guidance for people affected by mental illness, their families and carers. SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm) Textcare: comfort and care via text message, sent when the person needs it most: www.sane.org.uk/textcare Peer support forum: www.sane.org.uk/supportforum Website: www.sane.org.uk/support</p>	<p>YoungMinds Information on child and adolescent mental health. Services for parents and professionals. Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: www.youngminds.org.uk</p>	<p>NSPCC Children's charity dedicated to ending child abuse and child cruelty. Abuse (child, sexual, domestic violence) Phone: 0800 1111 for Childline for children (24-hour helpline) 0808 800 5000 for adults concerned about a child (24-hour helpline) Website: www.nspcc.org.uk</p>
<p>Refuge Advice on dealing with domestic violence. Phone: 0808 2000 247 (24-hour helpline) Website: www.refuge.org.uk</p>	<p>Addiction (drugs, alcohol, gambling) Alcoholics Anonymous Phone: 0800 917 7650 (24-hour helpline) Website: www.alcoholics-anonymous.org.uk</p>	<p>Eating disorders Beat Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s) Website: www.b-eat.co.uk</p>

FREE SCHOOL MEAL ENTITLEMENT AND PUPIL PREMIUM REGISTRATION

Due to the current situation with COVID-19, we are aware that Parent and Carer's circumstances may have changed. Depending on your family/household income, your child may be eligible for **Free School Meals**. All children in Infant School receive a free hot meal at lunch-time, but this is a separate entitlement.

If your child qualifies for Free School Meals they will also receive **Pupil Premium funding**. This entitles your child to free or subsidised school trips, music lessons, school uniform and help to access after school clubs. Registering children for Free School Meals and subsequently Pupil Premium also enables the school to claim additional funding to improve resources for your child in school.

If you can answer yes to any of the following questions you may be eligible:

- Is your joint family **income** under £16,190 per year?
- Are you in receipt of any of the **benefits** listed below?
- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Support from NASS (National Asylum Support Service) under part 6 of the Immigration and Asylum Act 1999
- the guarantee element of State Pension Credit
- Child Tax Credit (with no Working Tax Credit) with an annual income of no more than £16,190
- Working Tax Credit run-on
- Universal Credit.
- Are you or your partner a member of the **Armed Forces**?

All reception, year 1 and year 2 children in state-funded schools can have a free hot meal at lunchtime. This is known as 'Universal Entitlement'. If you think you are eligible for any of the criteria above we recommend that you still apply. This will mean that your child's school does not miss out on important funding. **It may also mean your child will continue to receive free meals after the end of year 2.**

If you think you are eligible then you can apply online at

<https://www.warwickshire.gov.uk/education-learning/apply-free-school-meals>

Adult and Community Learning

Free Family Learning Course Course will be delivered online via Zoom

Phonics

What is this course about? This course is for parents to find out more about supporting children's early reading. It explores phonics as the main way that schools use to teach reading and suggests practical activities for families to support learning at home.

Topics include:

- What do we mean by phonics and why is it the main method to teach reading?
- An introduction to the technical language used in phonics.
- Different phonics schemes used by schools.
- How to support your child to love reading.

Starts:
Thursday 4th March
1-2pm for four weeks.

Please contact

Jo Parvez - joanneparvez@warwickshire.gov.uk or
Lisa Tytler - lisatytler@warwickshire.gov.uk



Family Learning
PHONICS WORKSHOP FOR PARENTS

Monday 25th January 19:00-20:30

Or

Wednesday 17th March 13:00-14:30



What is this course about? This course is for parents to find out more about supporting children's early reading. It explores phonics as the main way that schools use to teach reading and suggests practical activities for families to support learning at home.

Topics include:

- What do we mean by phonics and why is it the main method to teach reading?
- An introduction to the technical language used in phonics.
- Different phonics schemes used by schools.
- How to support your child to love reading.

How will I learn? Learning will be online with a Family Learning Tutor. There will be a presentation that you will also be able to access after the live session. We will get you involved with discussions and with practical activities that you can do with your child at home sessions. There will be opportunities to do further reading and access online sources.

If you need to brush up your ICT skills before joining a course we will support you. If you have any questions please email cheryl.neil@warwickshire.gov.uk

Go to Warwickshire County Council Adult Learning

<https://www.warwickshire.gov.uk/adultlearningandtrainingcourses>

or scan the QR code to enrol.



In partnership with



Are you a Coventry/Warwickshire based parent/carer of an autistic child or teenager?

Do you want to understand their autism and help them understand their autism?

We are offering a series of facilitator led workshops

CASP: Children's Autism Support Programme for parents/carers of children aged 4-12

TASP: Teenage Autism Support Programme for parents/carers of children aged 13-18

The workshops are fully-funded and comprise of 4 x 3-hour sessions over a 4-week period facilitated by autism professionals who are also parents.

You will be joined by up to 15 other parents for an informative and empowering workshop.

Objectives:

- To enable parents/carers to understand their child's lived experience - the joys and the challenges
- To facilitate a 'conscious connection' between parent/carer and their child via the **3 C pathway**, a relational approach to parenting
- To identify adjustments/changes to help their child feel secure and be understood

The four weeks will follow a broad framework:

1. Autism, a brief history and context. Your child and their autism
2. The sensory world - experience it and consider how it impacts on your child
3. Communication - making connections and building a secure base
4. Transitions, advocacy, planning next steps and problem solving

Each week aims to be person-focused and attendees will be encouraged to share and comment.

Open to families based across Coventry and Warwickshire.

Please contact Julie Hampton for details and booking forms
Courses run throughout 2021. All sessions will take place virtually on Zoom until further notice.

julie@actforautism.co.uk