

20th March 2020

Dear St Barnabas families,

Looking after your child's well-being as well as your own is very important.

During the school closure, you can contact us by emailing stbarnabasp@bristol-schools.uk . If you would like to speak over the phone, please send us an email and we will call you back.

INFORMATION AROUND SUPPORTING YOUR CHILD'S WELL-BEING DURING SCHOOL CLOSURE

Keeping children active, happy and calm will no doubt be a challenge. Some suggestions to help are:

1. Routine

Set up a daily routine for home. Children find security in routines and not being in school will interrupt their usual routine and this could create worry and anxiety. Have a home from school routine so the flow of the day can be predictable and create security for them emotionally.

2. Exercise

You can access child friendly yoga here <https://www.youtube.com/user/CosmicKidsYoga> or short exercise routines from the Body Coach for schools here

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBuxu3sLztrvWFehzv-LnR2c>

Set a challenge – i.e. how many star jumps can you do in a minute?

Make an in house obstacle course.

3. Learn

Make time every day to keep up with school learning. This is an important routine to keep going with children.

Be Authors, Mathematicians, Scientists, Historians, Artists etc.

See our learning packs for more guidance.

4. Nature

Spending time in green spaces or bringing nature into your everyday life can benefit both your mental and physical wellbeing. It can improve your mood, reduce feelings of stress or anger and make you feel more relaxed. It's possible to still get these positive effects from nature while staying indoors at home. You could try the following:

- Spend time with the windows open to let in fresh air.
- Use natural materials to decorate your living space, or use them in art projects. This could include leaves, flowers, feathers, tree bark or seeds.
- Listen to natural sounds, like recordings or apps that play birdsong, ocean waves or rainfall. Get as much natural light as you can.

5. Entertainment

Play games together. If you don't have any games, make some up e.g. I spy, inside treasure hunt, charades or make your own 'Hedbanz' game (use post it notes or paper and agree on a category (food, items around the house – i.e. kettle, spoon etc.) and then the person picks one but does not look, they ask questions and try to guess what they are.)

6. Relax

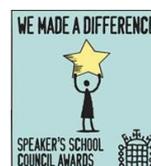
Do colouring including mindfulness colouring if you have any. Be creative, sew, do yoga or meditation for children. Look through photos of family and friends together. Do a puzzle.

7. Cooking / Baking

Use this opportunity to develop some life skills and teach your child how to cook/bake.

For more information have a look at the 'MIND' 'For Better Mental Health' website. See the link below:

www.mind.org.uk/information-



Remember, hearing messages from the news, seeing you worried or anxious and viewing certain content online can worry children. Please be mindful of what your child is exposed to.

SUPPORTING YOUR WELL-BEING AS A PARENT OR CARER

During this time, be aware of how your own well-being can be affected by the changes in circumstances. Help yourself so you can help your child.

Who, in terms of family and friends and members of your local community, can you call upon for support? How can you pull together with other families from our school community to share resources or encourage each other?

There are a range of national and local organisations that are here to help via the phone, email or website.

<p>Next Link Support for women who experience or have experienced domestic violence https://nextlinkhousing.co.uk/</p> <p>Next Link domestic abuse telephone help lines are open 8:30am – 5:30pm Monday to Friday and 9:30am – 1:00pm on Saturday 0117 925 0680</p> <p>Help is available 24 hours a day, 7 days a week on the National Domestic Violence Helpline – Freephone 0808 2000 247</p>	<p>Other Bristol Food Banks</p> <p>East Bristol Foodbank <i>Office Address Only</i> 32 Stapleton Road Easton, Bristol, BS5 0QY ebfoodbank@crisis-centre.org.uk 07584 625082</p> <p>South Bristol Food Bank Refresh 81 East Street Bedminster BS3 4EX refreshbs3@gmail.com 0117 9086015</p> <p>North Bristol Food Bank <i>c/o Ebenezer Church</i> 286 Filton Avenue Horfield Bristol BS7 0BA info@northbristol.foodbank.org.uk 0117 9791399</p>
<p>St Barnabas Community Food Share and school lunches for children eligible for free school meals</p> <p>Chartwells will be supplying food each Monday for families of children eligible for free school meals to collect between 12.00pm and 1.00pm in the school hall . The Community Food Share (food bank) will be open in the school hall each Monday between 12.00pm and 1.00pm and each Friday between 1.30pm and 2.30pm.</p>	<p>If you are self-isolating and need food please contact Bristol City Councils Emergency Payment Scheme: email: lcpf@bristol.gov and include your full name and address phone: 0117 922 4500, Monday to Friday, 9am to 12noon</p>
<p>NSPCC Information, resources and advice on keeping your child safe</p> <p>NSPCC 24 hour Helpline: 0808 800 5000 (free from a landline)</p> <p>NSPCC Text helpline: 88858 (service is free and anonymous)</p> <p>help@nspcc.org.uk www.nspcc.org.uk</p>	<p>First Response</p> <p>Anyone can call First Response if they are If you</p> <p>If you are concerned about a child or young person or if they think they need support.</p> <p>0117 903 6444 www.bristol.gov.uk/social-care-health/reporting-concerns-about-a-child-first-response</p>

Police non-emergency 101

You should call 101 to report crime and other concerns that do not require an emergency response. For example, if:

- Your car has been stolen
- Your property has been damaged
- You suspect drug use or dealing in your neighbourhood

Or to:

- Give the police information about crime in your area
- Speak to the police about a general enquiry

You should always call 999 when it is an emergency, such as when a crime is in progress, someone suspected of a crime is nearby, when there is danger to life or when violence is being used or threatened.



Childline is a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime.

www.childline.org.uk

Yours sincerely

Mr Jon Barr Headteacher