

KINGSDALE FOUNDATION SCHOOL - GUIDANCE AND SUPPORT FOR PARENTS – MAY 2020

Talking to young people about COVID-19.



Make a dedicated time and space to talk about this in the daytime. This should be earlier in the day, and separate to the bedtime routine. Talking through difficult feelings too close to bedtime can raise anxieties, which can stop your child from feeling sleepy. It is very important that worries are talked through together with a suitable adult so that they are not ignored.

BPS: <https://www.bps.org.uk/news-and-blogs>

Key stages: KS3 to KS5

Description: Advice on dealing with school closures and talking to children about COVID-19.

Registration: Not required.

Mental Health & Wellbeing



Information and support on mental health and wellbeing.

Useful links:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

<https://www.childrensociety.org.uk/coronavirus-information-and-support>

MindEd: <https://www.minded.org.uk/>

Key stages: KS3 to KS5

Description: An educational resource for all adults on children and young people's mental health.

Registration: Required

Recognising and dealing with stress



Life is full of pressures and challenges. When these get too much and start affecting us badly, this is what we call stress. Stress affects our bodies, our minds, our feelings and how we behave. If we feel bad all the time, we can also get depressed or anxious. It is important to get enough sleep, eat well, take exercise and plan ahead for each day. Also talk to someone!

If you don't want to talk to someone in person, you could call Childline on 0800 1111.

Rise Above:

<https://riseabove.org.uk/topic/my-mind/>

Key stages: KS3 to KS5

Description: videos with tips on gaining confidence, dealing with anxiety and coping strategies from other young people.

Registration: Not required

The Child Bereavement Network:

<http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx>

Key stages: KS3 to KS5

Description: advice on supporting grieving children during the coronavirus outbreak.

Registration: Not required

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The Importance of Sleep!



Since the start of the COVID-19 pandemic many students and their parents are at home all day. Parents are finding that without the routine of school and work, the whole family's sleep is affected. This is particularly hard for children with Autistic Spectrum Disorder, who are often very sensitive to changes in routine. To give your body the best chance of staying in normal time, you should consider following these tips:

Stick to your normal wake and sleep times as much as possible and limit lie-ins to the weekend.

If you are self-isolating and need to stay indoors, open up all the curtains/blinds first thing in the morning. Opening windows for 20 minutes in the morning will help you to get a blast of fresh air.

Make a daily timetable of what you will be doing as a family to keep some structure and get some exercise during the day. If you can go outside then this is best, however if this is not possible then try to use the spaces in your home creatively. Follow an exercise video together as a family, or make up some games that involve jumping/skipping/running.

At night, make sure you are closing the curtains/blinds and dimming the lights at the same time every day. Turn off screens for one hour before bedtime if you can.

Helpful information about creating a visual resource, can be found on the Autism UK website:

www.autism.org.uk/about/strategies/visual-supports.

Conflict Resolution

When you're spending more time with the people you stay with it may mean you get into more arguments or conflicts with those around you. Try to take a minute to think things through to avoid the situation escalating or getting worse. Be curious about the cause of the conflict but don't judge. It takes 2 to make an argument. Be calm and watch the situation de-escalate...

If you start to feel you cannot cope, or feel overwhelmed and stressed, speak to someone you trust. It can be scary to ask for help but, it takes strength of character to do so!

Help with Schoolwork



Parents are not trained to teach and so might not feel up to doing schoolwork but students can (if applicable) help their younger siblings with their schoolwork. This can be a good way to refresh their own memory and help with mastering the basics - which is really useful when learning more complex subjects!

You can look at the **BBC Bitesize Daily Website** for some help if you're stuck with things.

<https://www.bbc.co.uk/bitesize/dailylessons>

Key stages: KS3 to KS5

Description: A new offering from BBC Bitesize comprising daily lessons across a range of subjects designed for parents to support their child's learning.

Registration: Not required

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Free School Meals

Under normal circumstances, schools are not expected to provide free school meals to eligible children who are not attending due to illness or if the school is closed. However, during the coronavirus (COVID-19) outbreak we expect schools to continue to provide support to these children if the school is only open for certain groups or closed. The school can either provide food to be picked up, arrange deliveries or order a voucher to be given to the family.

Contact the school to find out what they are providing. More information on support for pupils eligible for school meals is available here:

<https://www.gov.uk/government/news/plans-set-out-to-support-pupils-eligible-for-free-school-meals>

Vulnerable Children Is my child counted as vulnerable?

Vulnerable children and young people are defined as those who:

- are assessed as being in need under section 17 of the Children Act 1989, including children who have a child in need plan, a child protection plan or who are a looked after child
- have an education, health and care (EHC) plan whose needs cannot be met safely in the home environment
- have been assessed as vulnerable by the school and who are therefore in need of continued education provision

Behaviour

Children will be children and we have to accept this! The notion of a perfectly behaved child — for most parents — is unrealistic. But if your child's behaviour is making things difficult for you or your family...You may want to consider implementing some changes. And the best place to start is at home. Parents may feel like they shouldn't have to explain themselves to their kids...But they absolutely do! Young people need to understand the how, what and why's of what's expected of them with simple, clear directions like: 'You need to do your homework straight afternoon tea, so you'll be free for family time by dinner'.

Be consistent and remember that young people struggle with mixed messages, and will question why they're expected to do things. Consistency helps them to feel secure and confident, in their surroundings, and in themselves. The adult(s) at home need to 'sing from the same hymn sheet.'

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Behaviour (continued)

When communicating with students, talk openly and honestly and often as this will encourage better behaviour from them. By talking to them you'll get more insight into the root of their behaviours.

When it comes to encouraging good behaviour, young people shouldn't be rewarded for behaving well or for everyday tasks as these are things they are expected to do, that they should ideally want to do, and that they will need to continue doing on their own accord in the future.

When it comes to 'bad' behaviour, avoid punishment which is based on control and power by being unpleasant in order to stop the behaviour. While punishment may get immediate results, it can also make young people fearful. Parents should take the old adage of 'prevention is better than cure', and work on replacing punishment with discipline.

Kids can act out at home because of other problems. By talking with your kids often, you'll be much more likely to pick up on social problems or other emotional challenges they may be dealing with.

Access to a Digital Device

The Government have made support available for young people who meet a specific set of criteria and do not have access to a digital device during the coronavirus (COVID-19) outbreak. Kingsdale is able to provide eligible students with a laptop or tablet

<https://www.gov.uk/guidance/remote-education-during-coronavirus-covid-19>



Technical Support Team

The Network Manager operates a helpdesk for parents to obtain assistance with all matters related to IT. Please note the separate contact email address for the iPad programme and related queries.

askict@kingsdale.southwark.sch.uk

ipads@kingsdale.southwark.sch.uk

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Key School Contacts

Senior pastoral staff continue to be available to support the pastoral work of the school and can be contacted via email.



Head of Lower School – hls@kingsdale.southwark.sch.uk
Head of Middle School – hmis@kingsdale.southwark.sch.uk
Head of Upper School – hus@kingsdale.southwark.sch.uk
Head of Senior School – dir6@kingsdale.southwark.sch.uk
Safeguarding – safeguarding@kingsdale.southwark.sch.uk

Parental Directory

Kingsdale has launched a Student/Parent Curriculum Advice Service during normal working hours for students and parents.

This will enable daily contact with subject specialists from each faculty. This will be for curriculum support and advice and may be related to the nature of tasks set on SMHW/Teams, and/or specific queries about tasks.

Contact details:

English - 020 86559760

english@kingsdale.southwark.sch.uk

Maths - 020 86559702

maths@kingsdale.southwark.sch.uk

Science - 0208 6559767

science@kingsdale.southwark.sch.uk

Humanities - 020 86559774

humanities@kingsdale.southwark.sch.uk

Languages - 0208 655 9788

languages@kingsdale.southwark.sch.uk

Art & Technology – 0204 506 0565

artd&t@kingsdale.southwark.sch.uk

Performing Arts - 0204 506 0564

performarts@kingsdale.southwark.sch.uk

PE - 0204 506 0567

pe@kingsdale.southwark.sch.uk

SEN - 0204 506 0566

senco@kingsdale.southwark.sch.uk

Main School Office - 0208 655 9751

info@kingsdale.southwark.sch.uk