

Dear Parents and carers,

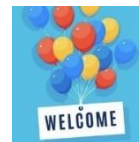
### Spring Term Newsletter 6 - Friday 24<sup>th</sup> April 2020

We hope that the fine weather this week has helped to ensure that spirits are remaining high in your households. This week another set of postcards have been sent home to the children and regular phone calls have been made to you and the children, these are so beneficial for us too.

It is surprising to point out that schools have only technically been closed for 14 days so far during this lockdown. It certainly feels like this has been longer!

#### Welcome to our new families

We warmly welcome the new reception children who join us in September. A welcome letter has been posted today and Mrs Farwell and Mr Talmage have telephoned parents this week to welcome them personally.



#### FSM application

The process for applying for free school meals has been sped up to ten days during this time. All applications are to be completed online through the hyperlink below and please do forward your acknowledgment to the school office once you have received it to the school email address. Once we have received your acknowledgment, we can ensure that you have been order a FSM voucher in the next batch.

For some families they will only need this help during this time and it is still acceptable to apply for assistance to help get you through this time.

<https://www.somerset.gov.uk/education-and-families/free-school-meals/>



#### Manor Court Lockdown challenge

We have created a new resource that will be sent home next week and posted onto the school website. This resource is 48 challenges (a version of our Manor Court 48) that can be completed in this time of lockdown. They are fun, challenging and will sometimes involve putting a pen or pencil to paper.

Certificates and possibly prizes, will be awarded on our return to school to a Bronze, Silver and Gold level of achievement. We hope that this provides additional activities for you to complete during this time.

#### Parent survey

We will be emailing to all parents a survey early next week as we would like your opinions about the work that we are sending home for the children to complete. We would also like to know how well we are supporting your children and you as parents during this time. Please do complete the survey and return it to us.

#### Help us to help you.

We appreciate that some families are struggling during this time. We have built excellent working relationships with outside agencies over a long period of time and discretely signpost families to their services. If we can help you in any way please email your child's teacher through the year group email address, phone the school telephone number on 01460 62350, tell your child's teacher when they phone you or email the school office [office@manorcourt.ppat365.org](mailto:office@manorcourt.ppat365.org) and Mr Clode, Miss Gregory or Mr Talmage will contact you as quickly as they can.

#### Mental Health resources

We have come across this link below which was produced by the NHS in relation to Mental Health First Aid Training. There are some great videos and some extremely useful tips and training materials which you can access free of charge.

<https://improvement.nhs.uk/resources/mental-health-first-aid/>

The charity, Young Minds, has published some excellent advice for parents on How to support your child if they are feeling anxious about the Coronavirus

[https://youngminds.org.uk/media/3702/how-to-support-your-child\\_corona.pdf](https://youngminds.org.uk/media/3702/how-to-support-your-child_corona.pdf)

#### Home Phone calls

Staff will continue to make calls home throughout the time of school closure. We've heard that parents, children and staff have benefitted from these telephone calls and if it is agreed that this is mutually beneficial more than one call may be made each week.



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We take child protection extremely seriously at our school. If you have a concern, you can speak to any of the school's designated and trained Child Protection officers: Mr Clode, or Mr Talmage. Alternatively, you can ring Children Social Care on: 0300 123 2224 or email [childrens@somerset.gov.uk](mailto:childrens@somerset.gov.uk)

## **Time Capsule competition**

A Covid-19 time capsule competition is part of the remote school offer. We wrote to the children at the weekend explaining the task at hand and to encourage the children to creatively make something to remember this time in their lives. One artefact will be buried in the pond area of the school grounds under a plaque.

We are extremely grateful to JEK fabrications who have offered to design and make our own unique time capsule. This is something else to look forward to when we return to school!



## **Information from the Education Psychology Service (EPS) telephone help line for parent and carers**

During these unprecedented times, we all find ourselves facing new challenges. For many, this will bring about new anxieties, for others, it may worsen existing worries. Where children and young people are affected, you may notice that they react to uncomfortable feelings and thoughts by changing their behaviours and demonstrating behaviours you have not seen from them before. In turn, these behaviours can add to an already stressful home situation.

It is important to remember that self-isolation, does not equate to social isolation. If you are a parent/carer of a child in Somerset or North Somerset and would like to speak to a Psychologist with any concerns arising for you, or your family during this time, then The Educational Psychology Service is here for you. We are able to offer an initial 30 minute telephone consultation (discussion) and a potential follow up call, of another 30 minutes if appropriate. Calls will be offered Monday-Friday, during usual working hours. Unless the Psychologist feels that you, or someone else is in danger of harm, then full confidentiality will be respected. In order to offer the best possible service, a brief summary of the discussion will be recorded, which may be shared with colleagues from other services. If you do not wish for a record to be taken, then please make this clear to the psychologist during your call and they will only record the name of the school.

For further details of our privacy notice, please follow this link [If you would like to access this service, then please email \[EPSHelpline@somerset.gov.uk\]\(mailto:EPSHelpline@somerset.gov.uk\) with the following information:](#)

- Your name
- The name of your child's school (or 'EHE' if Electively Home Educated)
- Times and dates that you are not available for consultation

If email is not possible, then call 01823 357000. Please understand that we are likely to be slower to respond to phone calls. Our aim is to offer a consultation within 5 working days of receipt of email.

## **Safeguarding – Please read**

During this time of school closure safeguarding of children is even more important. Even more than usual please in terms of keeping children safe, please “Don't think “What if I'm wrong” Think... “What if I am right” If you have any concerns about a pupil you should report this to a member of staff immediately through the school email mailbox and leaving an answer message on the school telephone.

It is also vitally important that you phone Somerset Direct and report your concerns. The telephone number for Somerset Direct is **03001232327**

## **Home learning and year group emails**

We will continue to provide work packs for home learning via the school year group email addresses. If you are unable to print these packs at home or access them electronically please let us know asap via the school year group email address. The new pack will be emailed to you in time for Monday 4<sup>th</sup> May and the following pack by Monday 18<sup>th</sup> May.

It is our intention that the work that we set should be suitable for children to complete independently. We appreciate that not all parents are teachers or will have completed work like that which is being set for a long time and that supporting your children with their work will cause additional stress. This is the last thing that we as a school community want to do during this time! The work set does not have to be completed at once but throughout the day, we will provide a suggested timetable with each pack to help you structure the day.

## **Reading at home**

We anticipate that a lot of home reading will currently be happening and that despite children being sent home with additional reading books that these may have been finished. Please do login into the Oxford Owl online website using the details that your child's teacher has sent you. We appreciate that this is another online resource but do hope that this will enable you to read with your child.

## StarLine home learning helpline

I am pleased to tell you that StarLine – a new home learning telephone helpline - is now live to support parents and carers nationwide.

A group of partners including David Ross Education Trust, Freshworks, Future Academies, Inspiration Trust, Mumsnet, Oak National Academy, PLMR, StarAcademies, Triple P Positive Parenting Program and United Learning have come together to create and deliver StarLine. Each partner has pledged their people, expertise and resources to support StarLine. This initiative is supported and welcomed by CST and also by the DfE.

StarLine will help parents and carers in the following ways:

- By providing access to a team of qualified teachers, education and parenting experts.
- By focussing on providing practical ideas, support and reassurance.
- By offering tips, techniques and resources to enable parents to give their children the support they need to continue learning while schools are closed.
- By supporting family wellbeing and mental health.
- By covering all phases of education and subjects plus behaviour, pupil wellbeing and SEND.

StarLine is available to parents and carers of pupils from all schools nationwide. Free, confidential advice is available six days a week by phoning the StarLine team on 0330 313 9162. For more information, visit [www.starline.org.uk](http://www.starline.org.uk) or follow [@StarLineSupport](https://twitter.com/StarLineSupport) on Twitter.



## Online safety and activity news from Miss Thompson

### Fake news - a lesson for children

Fake news has always been a problem but it can have an even more negative effect during times like our current situation. Google has created a lesson for children to test their knowledge of fake news and what actions they might take. It's free and only takes about ten minutes. You can find it

here: [https://beinternetawesome.withgoogle.com/en\\_us/interland/reality-river](https://beinternetawesome.withgoogle.com/en_us/interland/reality-river)

BBC Bitesize also has some really useful information which you can find

here: <https://www.bbc.co.uk/bitesize/tags/zr2yscw/fact-or-fake/1>

## Online safety information to support parents and carers

This is a time when children might be spending more time online than before which isn't necessarily bad - there are so many positive, useful and educational resources out there. However, not everything is good and the 'association of adult and child online safety specialists' website has lots of useful information on it to help support parents and carers in helping their children, including information on how to moderate YouTube. Find the website here: <http://aacoss.org/parents/>

## Lastly, some information just for adults

You may have seen some chain games on Facebook or similar social media platforms. They ask simple and fun questions such as, the name of your first pet, places you've lived and your favourite holiday. They then ask you to share and pass on to your friends. However, many of these games are created by fraudsters. Research shows that people often use their pet name and other easy to remember information for their passwords and by sharing this information, you might be putting yourself at risk.

## Help lists

We have created a list of outside agencies that may be useful during this time for parents. We have attached this on the reverse of this letter so please do keep it for reference during this time.

With all kind wishes.

Mr L Talmage  
Head Teacher

Mr A Clode  
Deputy Head/Inclusion leader

# Help is out there....



## Chard COVID-19- Support Group <https://chardcovhelp.org.uk/>

Run in conjunction with Chard Town Council and local voluntary organisations to help those residents of the Chard area who need to self-isolate during this emergency period as the Corona Virus (SARS-CoV-2) circulates. Our team of volunteers can: Pick up shopping, collect medicines or other vital supplies, help you access health and local information, make friendly phone calls or walk your dog.

### **Somerset Support Services:**

Somerset Direct 03001232327

Somerset Drug and Alcohol Service SDAS 03003038788

Somerset Integrated Domestic Abuse Service SIDAS 08006949999

CAMHs Advice line 03001245012

### **The Lord's Larder – Food Bank in Chard**

Providing emergency food supplies for people in need. We began as a Chard Churches Together service and as the need grew, in 2017 we became a registered charity in our own right. With the support of our dedicated team of volunteers, we prepare emergency food supplies for people in need

<http://lordslarder.chardct.org.uk/>

Telephone: 07542498366 (9-1pm on Monday - Friday)

### **JW Gifford Charitable Trust**

A Charity set up to support poorer families and individuals of the parish of Chard. In the past the trust has granted funding for various requests such as white goods, carpet, medical equipment and horse-riding therapy. The Parish Office, St. Marys Church Centre, Holyrood Street, Chard, Somerset TA20 2DN

Telephone 01460 66265 Email: [mathewlarks@aol.com](mailto:mathewlarks@aol.com)

**PROMISE works** supports a team of trained volunteers who provide a Somerset-wide mentoring service for some of the most vulnerable and disadvantaged young people in the county.

[www.promiseworks.org.uk](http://www.promiseworks.org.uk)

Telephone: 0300 3651900

### **Citizens Advice South Somerset**

Forefront Community Centre 42 Fore Street Chard TA20 1QA

[www.citizensadvice-southsomerset.org.uk](http://www.citizensadvice-southsomerset.org.uk)

Telephone 03444 889623

### **Chard watch Project**

A community project based on peer support, helping isolated people make friends through activities, and a supported friendly and fun environment at our Thursday pop-up Project & Peer support courses which run throughout Somerset

C/O Forefront Community Centre 42 Fore Street Chard TA20 1QA

<http://watchproject.org.uk/>

Telephone: 01460 261264 or 07506238540

**Young Minds Somerset** has lots of great resources and signposts to apps and helplines for children and parents/carers for anxiety, mindfulness, CBT, eating disorders, self-harm, suicide, single parents etc.

[www.youngsomerset.org.uk](http://www.youngsomerset.org.uk)

Telephone: 01278 722100

### **Swan Advocacy - Changing Lives across the South West**

Since 1999, we have developed a high-quality model of advocacy which ensures the most vulnerable members of our communities have the same rights and opportunities as their fellow citizens.

We believe that everyone has the same right to be heard, be in control of making choices, and to be safe from violence and abuse. Our services are free, confidential and non-judgmental.

[www.swanadvocacy.org.uk/services-near-you/somerset](http://www.swanadvocacy.org.uk/services-near-you/somerset)

Telephone: 0333 344 7928

### **Citizens Advice South Somerset**

Forefront Community Centre 42 Fore Street Chard TA20 1QA

<https://www.citizensadvice-southsomerset.org.uk>

Telephone: 03444 889623

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<p><b>School Nurse Team</b>  <a href="mailto:southsomersetsn@somerset.gov.uk">southsomersetsn@somerset.gov.uk</a> Telephone 03003230114</p>
<p><b>Somerset Carer/Parent Forum</b>  Support for parents with children with additional needs-no diagnosis needed.  <a href="https://somerseparentcarerforum.org.uk/">https://somerseparentcarerforum.org.uk/</a> Telephone 01458 259384</p>
<p><b>SWISH</b>  Advice on contraception, pregnancy tests, emergency contraception and STI  Telephone 03001245010</p>
<p><b>Family Lives – build better family lives together</b>  <a href="https://www.familylives.org.uk/">https://www.familylives.org.uk/</a> Telephone 0808 800 2222</p>
<p><b>Young Minds Helpline</b> Telephone 0808 802 5544  Mental and emotional support</p>
<p><b><u>League of Friends of Chard Hospital</u></b>  Provides equipment and facilities for the hospital and patients not available on the NHS to relieve patients and former patients of the Chard and District Hospital who are sick, convalescent, disabled, handicapped, infirm or in need of financial assistance.  Telephone 01297 678288 (Mrs Nora Arnold)</p>
<p><b>Taunton Foodbank</b> Telephone 07761 624216  <a href="mailto:info@taunton.foodbank.org.uk">info@taunton.foodbank.org.uk</a></p>
<p><b>Somerset Foodbanks</b>  <a href="https://www.billhelp.uk/free-food-banks-in-somerset/">https://www.billhelp.uk/free-food-banks-in-somerset/</a></p>
<p><b>Somerset Survivors - Domestic Abuse Support (SIDAS)</b>  Offer support to anyone experiencing domestic abuse, whether as a victim or a perpetrator. This helpline will also be the point of contact for professionals making referrals and any members of the public who want advice about domestic abuse.  Telephone 0800 69 49 999 Email: <a href="mailto:here.tohelp@knightstone.cjsm.net">here.tohelp@knightstone.cjsm.net</a> <a href="http://www.somersetsurvivors.org.uk">www.somersetsurvivors.org.uk</a></p>
<p><b>Citizens Advice</b>  The government is outlining plans to help support people who have been affected financially by COVID-19. If you have been affected in this way, you may be able to access help.  <a href="http://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you">www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you</a></p>
<p><b>If someone is in an abusive relationship advice specific can be found here:</b>  <a href="https://mentalhealth.org.uk/coronavirus/abusive-relationships">https://mentalhealth.org.uk/coronavirus/abusive-relationships</a>  Freephone 24/7 National Domestic Violence Helpline, run by Refuge: 0808 2000 247  The Men’s Advice Line, for male domestic abuse survivors – 0808 801 0327  The Mix, free information and support for under 25s in the UK – 0808 808 4994  National LGBT+ Domestic Abuse Helpline – 0800 999 5428</p>
<p><b>The NSPCC helpline</b>  Parents and carers often have lots of questions, like what's the right age to leave a child home alone, what to do about bullying or how to keep their children safe online. Whatever the issue, they're there to keep children safe.  <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a> Telephone 0808 800 5000 (Monday-Friday 8am – 10pm/9am – 6pm weekends)</p>
<p><b>Childline</b>  To give young people a voice when no one else is listening. Whatever problems or dangers they're facing, we're a place for them to turn for support – any time of day or night.  Telephone 0800 1111</p>

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