

ST BARTHOLOMEW'S C of E FIRST SCHOOL

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'Roots to Grow and Wings to Fly'

19th March 2020

Dear Parents and Carers,

Following guidance from the DFE, Public Health and the Local Authority, St Bartholomew's C of E First School will be closed until further notice, except for some children with additional needs whom we will contact separately. We would like to ensure that you and your family are supported during this time and so we have provided some information about the local support available currently. We have also provided other links that may be useful.

Mental Health and Wellbeing:

- **Mind**- Take care of your mental health and wellbeing: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#TakeCareOfYourMentalHealthAndWellbeing>
- **Public Health England** has sign posted to the following websites:
Every Mind Matter: <https://www.nhs.uk/oneyou/every-mind-matters/>
Good Thinking: <https://www.good-thinking.uk/>
- **Every Mind Matters: Mindful Breathing** online exercise-
<https://www.youtube.com/watch?v=wfDTp2GogaQ&app=desktop>
- **The national Trust** are opening parks and gardens to the public-
https://www.discoverwildlife.com/news/national-trust-free-coronavirus/?fbclid=IwAR1qDBnMzK_8c4eL_glHzhs0cYNGWnL-7vatKMR812bcJwoimbRlpJUzp1Q

Safeguarding information:

- **Somerset Direct:** 0300 123 2224
- **Childline:** 0800 1111
- **NSPCC:** 0808 800 5000
- **SIDAS (Somerset Domestic Abuse Support helpline):** 0800 69 49 999
Opening Hours - 8am to 8pm Monday to Friday and 9am to 1pm Saturday/Sunday. If you or someone you know is in immediate danger, please always call the Police on 999. The police can be contacted on 101 to discuss your concerns.
- **Somerset Integrated Domestic Abuse Service-** general enquiries:
heretohelp@livewest.co.uk
- **SCHOOL DSL** contact is: DSL120@educ.somerset.gov.uk

Food banks and charities:

- **Chard Food Bank: The Lord's Larder** - 07542498366
- **Yeovil Food Bank: The Lord's Larder-** 01935 479398

Information about other local food banks can be found by following these links:

<https://www.impactpathways.org.uk/Food-Banks-in-Somerset/Help-and-Advice/>

<https://www.somersetlive.co.uk/news/somerset-news/find-your-nearest-foodbank-help-2321368>

Financial support:

- **Pre-payment meter:** To anyone who is struggling financially and has a pre-payment meter, if you have less than £4 on your meter and don't get paid for several days, phone and ask your



company for a 'fuel voucher'. It is £49 and can be applied for twice a year and you DO NOT have to repay. A pin number is text to your mobile phone. Just show it to your 'top up' shop, along with your gas card or electric key

- **Coronavirus guidance for employees, employers and businesses:**
<https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19>
- **Coronavirus guidance for employees, benefit claimants and businesses:**
<https://www.gov.uk/government/news/coronavirus-support-for-employees-benefit-claimants-and-businesses>
- **Citizens Advice:** a sector of 316 independent charities that give free, confidential information and advice- 0344 411 1444

Health links:

- **Link to government advice (Please note, this is updated often)-**
<https://www.gov.uk/search/all?keywords=coronavirus&order=relevance>
- **Guidance for vulnerable groups in the community.(Please note, this is updated often)-**
<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>
- **Government response to coronavirus (Please note, this is updated often)-**
<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

SEND:

- **Somerset Parent Carer Forum:** 01458 259384
<https://somersteparentcarerforum.org.uk/contact/>
There is a designated 'Covid19' section on this website with lots of advice, such as how to talk to your child about Covid19. It also has lots of links for local and national services to support you and your children during this unsettling period. There are also links for online communities where you can discuss concerns, share ideas and ask questions.
- **Scope:** <https://www.scope.org.uk/coronavirus-information/> Online virtual Coffee Lounge where you can talk to others and gain support.
- **Somerset SENDIAS** (Special Educational Needs and Disability Information, Advice and Support)- **01823 355578**

Things to do as a family when socially isolated:

- **Dyson** have created some science and engineering challenger cards:
https://www.jamesdysonfoundation.co.uk/content/dam/pdf/JDF_with%20cover%20challenge-cards_DIGITAL.pdf?
- **National book tokens online story time-** <https://www.worldbookday.com/storytime-online/>
- **Oxford Owl** free e-books:
<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/>
- **BBC Teach audio books for EYFS children:**
<https://www.bbc.co.uk/teach/school-radio/eyfs-storytime/zdv4vk7>
- **Storynory** audio books:
<https://www.storynory.com/archives/stories-for-younger-children/>
- **Storyline Online-** <https://www.storylineonline.net/books/the-tooth/>
- **Sticky Kids active videos and songs-**
<https://www.youtube.com/channel/UC4u3fUr5gb7MrMLzj6jJ2UA>
- **Scholastic Craft ideas-**
<https://www.scholastic.com/teachers/articles/teaching-content/37-amazing-craft-ideas/>
- **Change for Life Activities:**
<https://www.nhs.uk/change4life/activities>
- **Twinkl Educational resources:** www.twinkl.co.uk/offer and enter the code: UKTWINKLHELPS

Other popular free content:

EYFS:

- <https://www.poissonrouge.com/free/classic/>
- <https://www.bbc.co.uk/teach/school-radio/nursery-rhymes-songs-index/zhwdgwx>

KS1:

- <https://www.bbc.co.uk/cbeebies>
- <https://www.bbc.co.uk/cbeebies/grownups/article-cbeebies-apps>

KS2:

- <https://www.bbc.co.uk/cbbc>

Pastoral Support

St Bartholomew's Church, which we visit as a school on a regular basis, is still open, daily, as a place to go and pray or just sit, be still and reflect. Please respect social distancing guidance, if you visit. If you need support or help in any way, maybe getting shopping or accessing food due to finances please contact the parish office via email stbartparish@gmail.com or phone 01460 72047. Reverend Huntley is always happy to visit families who would welcome pastoral support. Please do contact the church if you would like a visit.

Somerset County Council's contact centre can provide a range of Information and signpost to local services. You can contact them on **0300 123 2224**. The opening hours are 8.30am to 5.30pm Monday to Friday.

Online safety:

We are aware that online resources are going to be used more frequently at this time. Please see links for advice/resources on how to keep online aware:

- **Safer Internet Day Parent Resources:**
<http://saferinternet.org.uk/sid-parents>
- **NSPCC Share Aware**
www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware
- **UK Safer Internet Centre:**
<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>
- **Advice on screentime:**
<http://bit.ly/RCPCH-ScreenTimeForParents>
- **Ask About Games:**
www.askaboutgames.com
- **Common sense media** advice for parents: <https://www.common sense media.org/about-us/news/press-releases/common-sense-provides-resources-for-parents-to-prepare-for-coronavirus>

Thank you for your continued support. We appreciate that these are uncertain times and we will endeavor to signpost you to local services as we are made aware of them. Working with, supporting and caring for our children and families is at the heart of all we do at St Bartholomew's.

Yours sincerely,

G J Coward

Mrs G Coward
Headteacher