



WEST HADDON PRIMARY SCHOOL

Newsletter No. 28

24th April 2020

Supporting Wellbeing

During this difficult time, I wanted to let you know that whilst school is closed to most pupils, we are still on hand to support you and your child if you are struggling with wellbeing. You may have noticed some signs of increased anxiety in your child as they are spending more time indoors and not in their normal routines. Some signs include:

- Regressive behaviour they have outgrown, such as thumb sucking or bed wetting.
- Showing greater fear at being separated from you
- Tantrums
- Trouble with sleeping
- Expressing sadness, anger or fear
- Wanting to talk about coronavirus all of the time or not wanting to talk about the current situation at all.
- Having trouble concentrating
- Distancing themselves from the rest of the family

To support wellbeing, teachers are sending out some optional activities to help support your child. Also, there are a range of articles and advice documents which you may find useful – please access via the links below. Should you need someone to talk to, we can arrange for you to have a chat with Karen Packer – just drop me an email and I will arrange a mutually convenient time for you both.

<https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Free School Meals

With the change in working arrangements due to COVID 19, a family's income may be suffering. You may be entitled to Universal Credit and Free School Meals which could help you during this period of uncertainty.

For further information about Universal Credit:

<https://www.gov.uk/apply-universal-credit>

For further information and application for FSM:

https://northamptonshire-self.achieveservice.com/service/Apply_for_free_school_meals

Free School Meals entitles each child to receive a £15 food voucher per week which can be emailed or sent to your family. Please note that these food vouchers are not for all children but only for low income families.

HOME LEARNING

I hope everyone has had a good week and have started into the routine of home learning again. I know its tricky to get back into the swing of things, particularly after a two week break but next week should be a little easier for you all now that routines have been established again.

As we are expecting children to complete 2 hours per day, the home learning packs should last you for next week as well. Please endeavour to send some examples of your home learning to your child's classteacher daily so that they can respond to you. A screen shot, shot through Purple Mash or a quick photograph is perfect.

A big thank you to all the children who have already taken part in the whole school art project. I have been delighted with the range of creativity and ideas. Please keep your pictures coming so that we can celebrate your child's successes.

