

# NEWSLETTER 9 27.01.21

## ACHIEVING TOGETHER

### **Dear Parents & Carers**

Thank you for the kind messages you have sent to the teaching staff over this week and to me. I have been so proud of all of our staff who have worked so hard to provide you all with good information (the office staff), fabulous learning, either in school or online (the teaching and support staff) and our team of extremely hard working premises staff who are busy cleaning and keeping our school as safe as possible for all of us there. Keep going with it all at home, as you are all doing an incredible job at an incredibly difficult time.

### **Online Learning**

Thank you for the positive feedback we are getting with the online learning; all staff are working hard trying to balance online learning, children in school and having their own children at home as well. Please remember, we are here to help you as best as we can and if you have any queries, please do contact your child's teacher or call the office.

### **Coloured Overlay (Dyslexia/Meares Irlen)**

If your child usually uses a coloured overlay in school, they may find this useful to put a colour over the screen they are working on. Please follow this link: <https://www.aurelitec.com/colorveil/windows/>

### **Norfolk Libraries**

Norfolk Library and Information Service Online have a digital roster of events and activities to support families now spending time together at home, so even though branches are closed, you can still get your library fix online!

If you have a library card, you can access eBooks, eAudio, newspapers and magazines via: <https://norfolk.overdrive.com/>

If you don't have a library card, you can sign up online; more info here: [www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/coronavirus-update](http://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/coronavirus-update)

Over on Facebook, there are weekly bounce and rhyme sessions every Tuesday, and on a Monday there are live stream storytimes in which library staff read picture books you know and love – you don't have to be a library member to watch along! These stay up for the full week, so you can come back and watch them again and again. To stay up to date with anything else library related, visit: [www.facebook.com/NorfolkLibrariesUK/](http://www.facebook.com/NorfolkLibrariesUK/)

### **Looking After Your Child's Mental Wellbeing During Lockdown**

We understand that we are all living in very challenging times at the moment. Your child may be experiencing a variety of emotions in response to the coronavirus (COVID 19) outbreak, such as anxiety, stress or low mood. Or they may be enjoying and thriving on the time at home. All children are different and will respond differently to the changes over the past week. There may be good days and bad days.

We hope that the live sessions with their friends and the teachers are helping to support the children and their wellbeing by keeping some routine, consistency and developing an extended support group. If you would like further guidance to support your child through this period of time, there are two very good websites which may provide some useful support: <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

<https://www.annafreud.org/coronavirus-support/support-for-parents-and-carers/>

### **Children's Mental Health Week**

Place2Be are running their Children's Mental Health week from 1<sup>st</sup> – 7<sup>th</sup> February and have lots of ideas and activities to help you and your child/ren during this time to find creative ways to share their feelings, thoughts or ideas. They can be found at [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

### **Free School Meals**

If your circumstances have changed, you may be eligible for Free School Meals (this is different from the universal free school meals to which all children in years R, 1 & 2 are entitled). You can check if you're eligible for this by using this link

<https://www.norfolk.gov.uk/education-and-learning/schools/school-meals-and-milk> or contact your school office for a paper copy.

### **Families in Hardship and Needing Wider Support Including Technical Support**

There is support available for families who are facing hardship and need support. Details of how you can access support are available at:

<http://www.norfolk.gov.uk/covidwintersupport> or by calling 0344 800 8020

Anyone experiencing hardship – and this includes gaining access to laptops – can also receive support through the Norfolk Assistance Scheme. The easiest way to get in touch is to visit [www.norfolk.gov.uk/NAS](http://www.norfolk.gov.uk/NAS) or by calling 01603 223392 (option 5). If the line is busy, a message can be left and a member of the team will call you back.

## NHS 'We Are Still Here'

The NHS are running a campaign entitled 'We Are Still Here' to remind families that NHS services such as planned appointments are going ahead as scheduled. For more information please visit: [www.JustOneNorfolk.nhs.uk/our-services](http://www.JustOneNorfolk.nhs.uk/our-services)

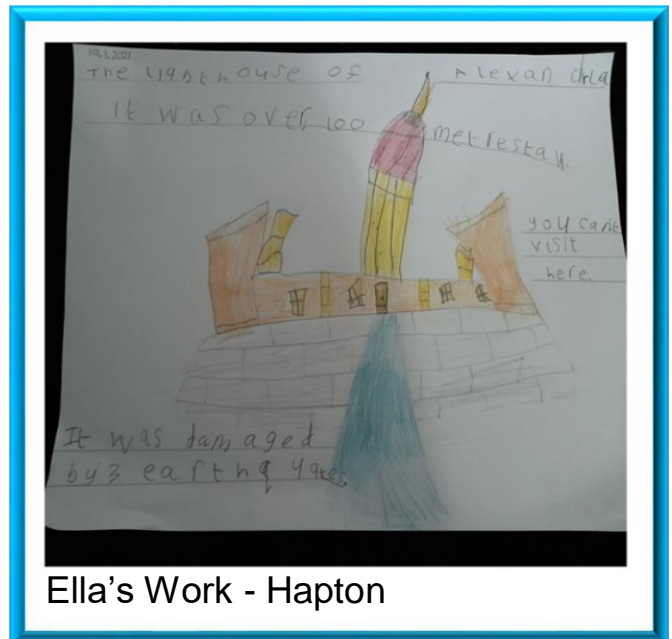
A dedicated self-help page has also been created to assist families in spotting serious illness and can be found at: [www.JustOneNorfolk.nhs.uk/spottingseriousillness](http://www.JustOneNorfolk.nhs.uk/spottingseriousillness)

A further campaign 'All Babies Cry' was launched in December 2020, giving information on the reasons babies cry and providing contact information & online resources for parents who would like further advice:

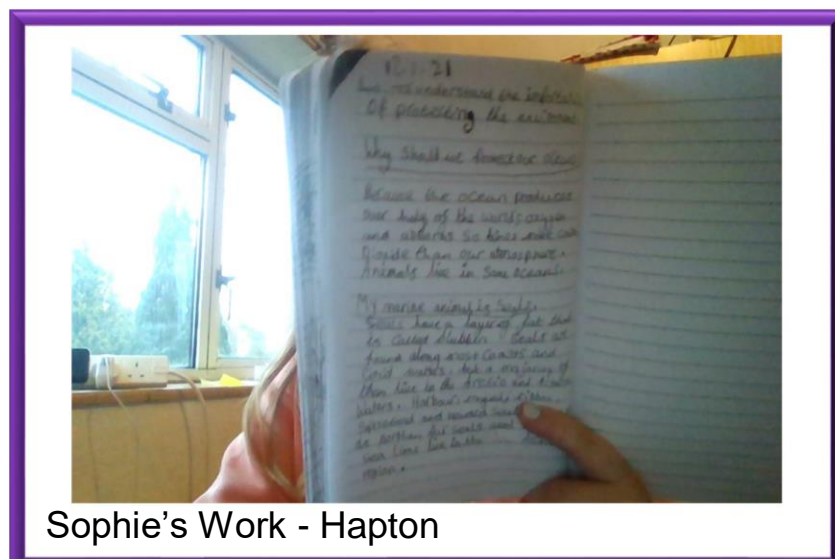
[www.JustOneNorfolk.nhs.uk/AllBabiesCry](http://www.JustOneNorfolk.nhs.uk/AllBabiesCry)



Darcie's Work - Hapton



Ella's Work - Hapton



Sophie's Work - Hapton