



# Haughmond Federation

15th June 2020

## This Half Term's Value is **Happiness**

It has been great to see all the work have been completing on Purple Mash and Seesaw. We also know that lots of you have been working incredibly hard on paper packs and books. If you wish to share all this great work then you can email it in to your purple mash account or photograph it and upload to Seesaw. If you are not working on the online learning platforms we would still like to see all the great work you are doing at home. If you are able to drop off at the schools reception the packs of work in a named envelope or named bag we would love to see the things you have been doing. Keep safe and well.

Miss Peters

### Samaritans Self-Help App Launches

The Samaritans have launched a self-help app, which offers people practical ways to cope and stay safe if they're going through a difficult time. Some people find it difficult to seek help, so they have created this app to help people explore their feelings when they're struggling to cope. Their volunteers are still available round the clock for anyone who needs to talk. The app centres around a mood tracker, which anyone can use to record how they're feeling and see patterns in their mood. It also recommends techniques to try, based on how they're feeling at the time.

### Learning resources

Children should continue doing any work set for them by their school as independently as they can, and part of that could be exploring some of the following:

**BBC Bitesize**  
<https://www.bbc.co.uk/bitesize>



New daily lessons – speak to your child's teacher to see if they are aware of any that fit with the home learning that has been sent.

**English Heritage**  
<https://www.englishheritage.org.uk/members-area/kids/>



ENGLISH HERITAGE

A kids section to support learning about England's history.

**National Geographic Kids**  
<https://www.natgeokids.com/uk/teacher-category/geography/>



A wealth of resources to educate kids about geography and the world.

**Tate Kids**  
<https://www.tate.org.uk/kids>



Lots of art activities for kids to boost creativity!

Lots of other museums, art galleries and other public spaces all over the world have made free online virtual tours. Join your kids and immerse yourselves in some global culture from the comfort of your own home!

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

### Online safety

NSPCC Learning has pulled together resources to help keep children and young people safe during the coronavirus crisis. Information and resources include: updated information on communicating with children via social media, including remote teaching; running online services, and support for parents and carers. The webpage also includes links to the Childline website which offers child friendly information and advice and confidential support.

If you are struggling and need some support from our Family Support worker, Pastoral Care Team, your child's class teacher or Heads of School please get in touch using the below contact details

SISN 01743 362519

HJS 01743 462087

[headsisa@haughmondfed.net](mailto:headsisa@haughmondfed.net)

[headhjs@haughmondfed.net](mailto:headhjs@haughmondfed.net)

[exehead@haughmondfed.net](mailto:exehead@haughmondfed.net)

Darren Capener, Family Support Worker  
07458 087406

## Digital devices: Dos & Don'ts

Your child's school may set them work that can be done on a digital device such as a laptop, desktop, tablet or smartphone.

### Do...

Set age-appropriate parental controls on any devices your child is using and supervise their use of websites and apps.



### Do...

Encourage children to write by hand.

This could be a diary entry, a summary of things they have learned about or a 'to do' list.

### Do...

Try to help children continue to practise their writing.

This may include the formation of letters and familiarity with pens and pencils for younger children, or practising creative writing for older ones.

### Do...

Talk to your child about online safety

#### Look at these sites for info:

<https://www.thinkuknow.co.uk/parents/>

<https://www.vodafone.co.uk/mobile/digital-parenting>

### Do...

Try and find ways to limit screen time where possible.

### Don't...

Use digital devices just before bed – put these away an hour before.

### Don't...

Forget that children and young people learn by example – be prepared to look at your own digital usage!

**autism**  
west midlands

## Weekly Webinars for Parents, Carers & Professionals

4th June  
Autism & Spoon Theory  
11th June  
Autism & Social Interaction  
18th June  
Autism & Sleep  
25th June  
Autism & Behaviour  
2nd July  
Autism & Girls  
9th July  
Preparing for a Return to School  
16th July  
Autism & Communication  
23rd July  
Talking About Autism  
with Your Child

Everyone who registers will be sent a link to view the live show and afterwards a link to a recording of the session.

You don't need to have watched live to watch the recording.

The webinars can be accessed on computers, laptops, tablets and phones and smart TVs

For more information and times visit our events page on our website:  
<https://www.autismwestmidlands.org.uk/events/>

**FREE**  
for West  
Midlands  
Residents



## Transitioning to secondary school

If your child is preparing for secondary school this can be a good time for them to follow their own interests or do something creative!



We have included some possible places your young person can explore online – see the next section!

### Your school should still be able to support your child with this transition

Remember to ask your school about how you can help your child prepare for moving up to secondary school. Gain the necessary contact details of any support groups like Student Support Services for young people or older ones.

### Online information

There are some great information and resources for parents and carers as well as young people about the transition to secondary school.

#### Have a look at these...

- <https://www.mentalhealth.org.uk/learning-disabilities/our-work/employment-education/moving-on-to-secondary-school>
- <https://www.theguardian.com/education/2010/aug/31/secondary-school-tips-parents>
- <https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>
- <https://youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/>

## The SEND Local Offer

Lots of information and support for children and young people with SEND and their families, including:

- Education
- Health and wellbeing
- Family support
- Social care
- Preparing for adulthood
- Early help
- Things to do
- Education, health and care plan (EHCP)
- Travel and transport
- Financial support

[local.offer@shropshire.gov.uk](mailto:local.offer@shropshire.gov.uk) 0345 678 9063  
[www.shropshire.gov.uk/the-send-local-offer/](http://www.shropshire.gov.uk/the-send-local-offer/)



If you need help accessing the Local Offer please speak to your school or local library.



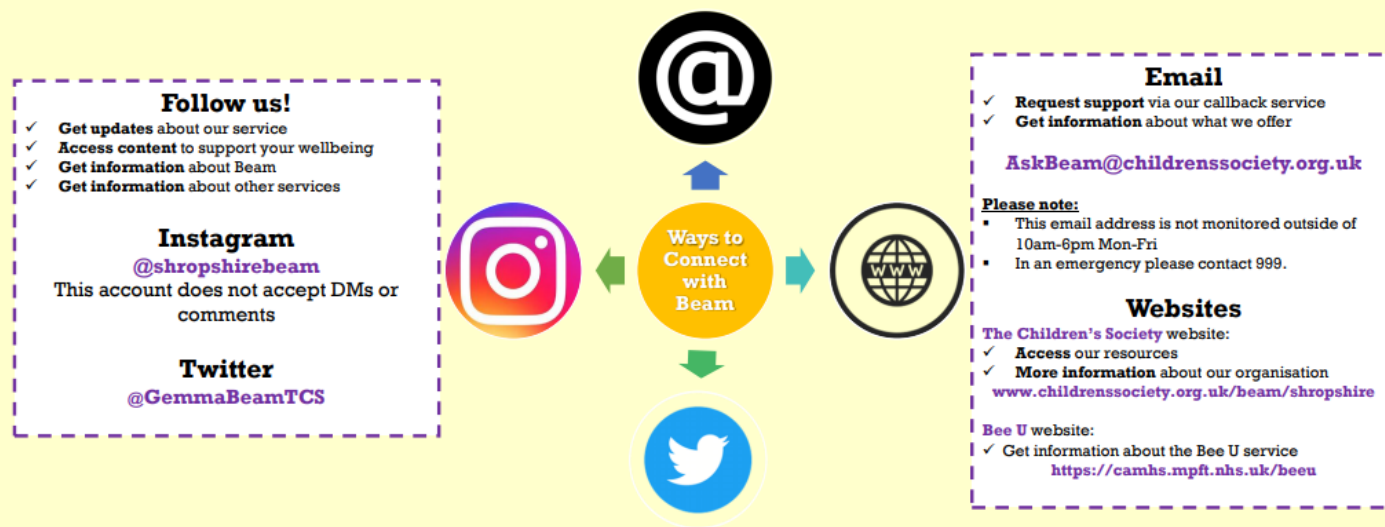


## Shropshire Telford & Wrekin Beam Ludlow Beam



### Do you feel stressed, anxious or notice your mood isn't great at the moment?

Whatever it is, Beam can support you with anything linked to emotional wellbeing. If you are under 25, we are here to support you. This is how you can connect with us.



Coronavirus has had a huge impact on our lives for the past few months, and will continue to do so for some time yet.

We're hearing that parents & carers are unsure about how to talk about it with their children.

The pointers below will hopefully help you to structure how you discuss this with your kids.

To access phone based support from Beam, email us at [AskBeam@childrenssociety.org.uk](mailto:AskBeam@childrenssociety.org.uk)

#### Should I talk to my child about Coronavirus?

Absolutely.

You may instinctively feel that you should not talk to your child about Coronavirus as you are worried that you may cause upset and fear. However, our lives have changed hugely and children are bound to be curious about how and why this has happened.

Keep your discussion age appropriate and don't bombard them with too much information that they cannot cope with.

Take your child's lead and don't dismiss their worries.

Acknowledge them and answer their questions as factually as you can.



#### Look after yourself.

It can be quite hectic spending lots of time at home, managing home schooling and the increase in cooking and household chores.

Add worries about jobs, being isolated from your own friends and the huge shift in routine and you might well be feeling stressed about the situation too.

Make sure that you have a chance to sound off safely to other adults and perhaps explore your own fears without your children being aware of this.

If at all possible, try to spend some time each day doing something just for you as this will give you space to think and re-charge your own batteries.

