

## Weekly update – For Children and Parents – w/c 13.04.2020

### School Closure

From **Friday 10<sup>th</sup> April until Monday 20<sup>th</sup> April 2020**, school will be closed. Please be advised no one will be in school to take enquiries, so please send any to our school email address:

[enquiry@stjosb7.bham.sch.uk](mailto:enquiry@stjosb7.bham.sch.uk)

If you have any concerns/anxieties regarding Coronavirus, please read further on where there is a list of contactable organisations that can offer support.

Once school reopens on **Monday 20<sup>th</sup> April**, someone will be in the school office between 09.00am and 3.00pm to answer any questions or queries.

### RE news

I am delighted to be able to tell you that Dan and Emily from One Life Music have kindly recorded a liturgy for schools and home. This will be a weekly event from now on (hence the title Weekly Worship and Song). This week you will be able to access it through the link below which will be available shortly. In future weeks the Archdiocese of Birmingham are hoping to be able to put it directly on their (DES) website. It is such a wonderful way to bring us together as a community of prayer and I am sure that we will all be strengthened by it.

<https://www.youtube.com/watch?v=NL-kS4ZP6hs&feature=youtu.be>

### **Message from Pope Francis**

Pope Francis has recorded a message for the world:

[https://www.youtube.com/watch?time\\_continue=3&v=v0mjfenuDck&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=3&v=v0mjfenuDck&feature=emb_logo)

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me,  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger

### Physical Activity at Home

At St Joseph's we are part of the King Edwards School Sports Partnership. Currently they are promoting two ideas for keeping physically active at home. They have a personal challenge running on Twitter where parents and pupils can upload their attempts. The twitter handle is @KESSPB for this. They have also launched *PE at Home* on Twitter. This is a resource that can be used by parents and students at Home, from Key Stage 1-4. The first sets of resources, in PDF form, are basketball activities. The twitter handle for this is @PEatHome1 if you would like to be kept up to date or share your ideas. You can find all the resources on the KESSP website in PDF form to download.

<https://www.kessp.com/page/?title=PE+at+Home&pid=45>

## **Parent Helpline**

Birmingham City Council's Education Psychology team are operating a Service Helpline for all families (NOT just those with a child with SEND). The telephone helpline is available to parents & carers should they need someone to talk to about how to cope with this challenging time families are facing.

Please see below the link.

[https://www.birmingham.gov.uk/downloads/file/15891/birmingham\\_educational\\_psychology\\_service\\_helpline\\_for\\_parents\\_and\\_carers\\_-\\_poster](https://www.birmingham.gov.uk/downloads/file/15891/birmingham_educational_psychology_service_helpline_for_parents_and_carers_-_poster)

## **Mental Wellbeing**

To help and support mental wellbeing during this difficult time here are some resources that parents may find of use if they are concerned about their child's mental wellbeing. At the end, some useful contacts have been added which you may find useful. We would always recommend you check out the resources first to ensure they are suitable for your child and you are comfortable with the content.

- BBC's Newsround has a great webpage full of information and support from a child psychologist <https://www.bbc.co.uk/newsround/51896156>
- Childline has created a dedicated Coronavirus webpage full of tips, advice and activities <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>
- Mindheart has also produced a small booklet aimed at children under seven years old. This is designed to be coloured in as a therapeutic anxiety reducing activity. <https://www.mindheart.co/descargables>
- Sibs offers great support and advice specifically for siblings aged 7-17 of disabled children. [www.youngsibs.org.uk](http://www.youngsibs.org.uk)
- The Children's Society - Coronavirus Covid-19 information and support - Stepping up our fight for the most vulnerable young people [www.childrenssociety.org.uk/coronavirus-information-and-support](http://www.childrenssociety.org.uk/coronavirus-information-and-support)

## **Every Mind Matters**

Public Health England has updated the Every Mind Matters platform with specific advice on maintaining good mental wellbeing during the outbreak.

Simply click on:

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

which outline useful tips to help mental wellbeing while staying at home.

## **Young minds**

Young minds have produced a list of useful links regarding young minds and mental wellbeing. It provides advice on how to help your child with any mental health conditions, and life events which might be negatively affecting their wellbeing. It also includes links for further support and guidance.

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>

Young minds have also produced information about talking to your child about COVID-19. The advice will help to alleviate any anxiety a child may be feeling over the current situation and provides advice on how to approach the subject with your child.

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

## **Useful contacts**

### **CEOP**

<HTTPS://WWW.CEOP.POLICE.UK/SAFETY-CENTRE>

CEOP help children stay safe online. If someone has acted inappropriately towards you online, or to a child or young person you know, such as someone is being asked to do something that makes them feel uncomfortable, you can report it on the link above.

### **Young Minds Parental Helpline**

Call for free 0808 802 5544 (Mon-Fri 9:30 - 16:00).

NSPCC – 0808 800 5000

Childline – 0800 1111

Samaritans – 116 123

Mind – 0300 123 3393

## **Staying Safe Online Reminders**

As we all follow advice to stay at home the chances are you children will be spending more time online. In the last few weeks you have probably been bombarded with emails and messages advertising online solutions for home learning, keeping your children entertained etc. While most people's intentions will be honourable we must remember that the internet can pose significant risks. We thought a few general reminders would be helpful for parents.

**What are the issues?** The internet – on the whole an inspiring and positive place.

The internet is an amazing resource which enables children and young people to connect, communicate and be creative in a number of different ways, on a range of devices. However, the internet is always changing, and being able to keep up to date with your children's use of technology can be a challenge. You may sometimes feel that your children have better technical skills than you do, however children and young people still need advice and protection when it comes to managing their lives online.

Issues that your child may encounter on the internet will vary depending on their age and online activities. We have grouped potential online risks into these 4 categories, the '4Cs':

**1 Conduct:** children may be at risk because of their own behaviour, for example, by sharing too much information

Children need to be aware of the impact that their online activity can have on both themselves and other people, and the digital footprint that they create on the internet. It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the

information that they may have posted. When using the internet, it's important to keep personal information safe and not share it with strangers. Discuss with your child the importance of reporting inappropriate conversations, messages, images and behaviours and how this can be done.

**2 Content:** age-inappropriate or unreliable content can be available to children.

Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed and viewed via social networks, online games, blogs and websites. It's important for children to consider the reliability of online material and be aware that it might not be true or written with a bias. Children may need your help as they begin to assess content in this way. There can be legal consequences for using or downloading copyrighted content, without seeking the author's permission.

**3 Contact:** children can be contacted by bullies or people who groom or seek to abuse them

It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them. Regularly reviewing friends lists and removing unwanted contacts is a useful step. Privacy settings online may also allow you to customise the information that each friend is able to access. If you have concerns that your child is, or has been, the subject of inappropriate sexual contact or approach by another person, it's vital that you report it to the police via the Child Exploitation and Online Protection Centre ([www.ceop.police.uk](http://www.ceop.police.uk)). If your child is the victim of cyberbullying, this can also be reported online and offline. Reinforce with your child the importance of telling a trusted adult straight away if someone is bullying them or making them feel uncomfortable, or if one of their friends is being bullied online.

**4 Commercialism:** young people can be unaware of hidden costs and advertising in apps, games and websites

Young people's privacy and enjoyment online can sometimes be affected by advertising and marketing schemes, which can also mean inadvertently spending money online, for example within applications. Encourage your children to keep their personal information private, learn how to block both pop ups and spam emails, turn off in-app purchasing on devices where possible, and use a family email address when filling in online forms.

## Home Learning Packs

Please keep checking the school's website for the updated learning activities that the teachers have been setting for their classes. We hope the children have enjoyed completing some of the activities already. From this week, the teachers will be adding to their activities pages any answers you may need to mark your children's work from the previous week, so please do mark their work together.

## Free School Meals

On Monday 06<sup>th</sup> April, we sent out the first of the two vouchers that Birmingham City Council are making available to families entitled to Free School Meals. If you have supplied an email address to us, you should be in receipt of this voucher code now. Earlier this week we received the second voucher code, which is for the second week of the Easter break, week beginning 13<sup>th</sup> April. These

codes will be sent to families at the beginning of next week (13.04.2020), please do look out for them in your emails or your spam.

If you have not received the voucher codes, please do get in contact with the school and give us a current email address, so we can pass the codes onto you. Email addresses can be sent to [enquiry@stjosb7.bham.sch.uk](mailto:enquiry@stjosb7.bham.sch.uk) or by ringing the school on 0121-464-8140.

From Monday 20<sup>th</sup> April, the DfE will be issuing vouchers, during term time only, until the children return to school. Again to access this, an email address is needed by the school, so we are able to distribute the vouchers to you on a weekly basis.

As we are issuing vouchers now, not more food parcels will be available from school.