

Spiritual Communion

Pope Francis and Archbishop Bernard are encouraging us to enter into spiritual communion during these difficult times. Our world is certainly in need of prayers and healing. Here are some links that families might consider using in the coming days and weeks.

With the obligation to attend Sunday mass temporarily suspended, technology does allow us to participate in this 'Spiritual Communion' from our homes. The following website facilitates the live streaming of Mass. St Chad's Cathedral, Birmingham, Our Lady of Lourdes, Yardley Wood, Our Lady and St Brigid, Northfield, St Ambrose Barlow, Hall Green and St Edwards, Selly Park are some local churches where Mass can be viewed at various times.

<https://www.stchadscathedral.org.uk/>

<https://www.mcnmedia.tv/>

As a family community, we pray:

God of compassion, be close to those who are ill, scared or in isolation.
In their loneliness, be their consolation;
In their anxiety, be their hope;
In their darkness, be their light;
Through him who suffered alone on the cross,
But reigns with you in glory,
Jesus Christ our Lord.

Amen

Dear God,
We pray for our homes and families, our schools and young people and all in any kind of distress.
Lord hear us,
Lord graciously hear us.

Mental Health and Well-being

To support children's mental health and well-being across Birmingham, a new service has been set up called Kooth. **Kooth** is being provided now as a free, safe and anonymous service to support young people's emotional and mental health in Birmingham. Because young people have suddenly had exams cancelled, transition arrangements thrown up in the air and are dealing with the impact of COVID-19 on their loved ones this is important. The new service was successfully launched on Monday 13th April for young people from year 6, aged 11 up to 25. The full offer, including online self-referral can be accessed at www.kooth.com.

Kooth is linked into the wider mental health support from Forward Thinking Birmingham and offers:

- Online **mental health counselling** and **chat** services from midday to 10pm during the week, and 6pm to 10pm at weekends
- **Peer to peer support** through moderated discussion forums
- **Self-care tools and resources** to build resilience
- **Early response to and identification** of emotional wellbeing and mental health problems
- And there are **no waiting lists**, referrals or thresholds to access the service

Home Learning Packs

Just a reminder that, every Monday, teachers are adding learning resources and activities onto our new 'Home Learning' page on our website. On our home page there is a link to the page, so you can find your child's year group activities easily. Teachers are also now adding any answers that are needed to mark your child's work. These mark sheets will be available the week the work is set or the week after the work is set. Please do encourage your child to mark their own work using the answer sheets provided or mark it with them.

Free School Meals

From Monday 20th April, if your child is in receipt of Free Schools Meals (this does not include infant free school meals), the DfE will be issuing food vouchers to the value of £15 per child per week, until the children return to school. Over this weekend you should receive an email from school, from our newsletter account, explaining how to redeem your voucher and use it. Please read the attachment that comes with this email as it will explain what you need to do. This is a different scheme to the one Birmingham City Council set up and you have been using for the last 2 weeks, so the process is different. If you are experiencing problems, but do get in touch with school and we will try and help you. The school office is open from 08.45-3.00pm Monday to Friday.

Staying Safe Online

We know that children will be online more as we all stay in our homes. It is really important that we ensure our children are safe online too. Here are some resources which are particularly helpful. Please check out the parental control section which gives advice to help parents put parental controls on any devices their children are using at home.

Keeping up to date with the latest apps

NSPCC's Net Aware provides simple guides for parents to the most popular social networks, app and games. Simply type in the app you wish to review in the search bar and the website will provide you with some useful information to help parents make an informed decision.

<https://www.net-aware.org.uk/>

Parental Controls

Internet Matters.org has produced excellent resources on setting up parental controls in a step by step format. Simply click on the links below to explore ways in which parents can set up parental controls on digital devices and popular social media apps. Each circular icon that is loaded represents a guide and can be accessed by simply clicking on the icon.

Parental controls on; **Smartphones and other devices**

<https://www.internetmatters.org/blog/parental-controls/smartphones-and-other-devices/>

Parental controls on; **Entertainment and search engines**

<https://www.internetmatters.org/blog/parental-controls/entertainment-search-engines/>

Parental controls on; **Broadband and mobile networks**

<https://www.internetmatters.org/blog/parental-controls/broadband-mobile/>

Parental controls on; **Social media**

<https://www.internetmatters.org/blog/parental-controls/social-media/>

Parental controls on; **Gaming console**

