

Newsletter 12.06.2020

Dear Children, Parent and Carers,

This week, we welcomed back some of our Reception, Year 1 and Year 6 children. It has been lovely to see some of our children and the teachers have all enjoyed spending time with them. It has been particularly nice to see the children's smiling faces both in the morning as they come in and again as they leave at the end of the day. We have been teaching a variety of lessons both inside and outside the classroom and getting use to the new school rules and routines we all need to follow. We have also been encouraging the children to talk about their experiences of lockdown and how it has made them feel, so we can support them with their well-being. Please do check out our Twitter feed to see more of the pictures of what has been taking place in each 'Class Team' this week.



Many of you have currently decided you do not want your children to return to school at this time and that is entirely your decision, but if you do change your mind, over the coming weeks and would like to send your child back to school please let the school office know. Please be aware though, that you need to let the school know **before 12pm on a Wednesday**, by either emailing us at enquiry@stjosb7.bham.sch.uk or by telephoning us on 0121-464-8140. **We will then contact you to let you know a date and time for when to start bringing your child/ren back to school.**

Unfortunately, we will be unable to admit your child straight away, as we need to ensure we have all the safety measures in place for more children coming back into the school environment. As I said previously, we will only open the school to more children when we feel it is safe to do so. Please do be patient with us, your children's safety and the staffs' is of the upmost importance to us.

Mental Health and Well-being

Lockdown has been a particularly stressful time for many families, and we all need to be looking after ourselves during this time.

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

Mental health support offer

A range of new, easily accessible mental health support is now available for patients in Birmingham and Solihull, based around four groups:

- 0-18 year olds in Birmingham
- 0-19 year olds in Solihull
- Over 18s in Birmingham and Solihull
- Key workers.

These services are provided by a range of local organisations, and offer emotional help, guidance and reassurance to people in Birmingham and Solihull who may be finding the current Coronavirus situation overwhelming. The web link will take you to the website and give you more information.

<https://www.birminghamandsolihullccg.nhs.uk/your-health/mental-health-support-offer>

Below is a link for transitioning your child back into school, which maybe helpful for all children to see:

<https://accesstoeducation.birmingham.gov.uk/transition-support-for-families-of-children-young-people-with-autism/>

Free School Meals Vouchers

If you are a parent, whose child will be returning to school next week, then these vouchers will stop for each child you have in school from next week onwards. Any children who are still learning from home will still get the vouchers. Once your chil/ren return to school, if they are in Reception, Year 1 or are entitled to Free School Meals in any other year group they will receive their meal in school, so the vouchers will no longer be sent to you.

Support available

If you have, any real worries or concerns or you need some support then please do contact the school and let us know. We have got staff (Mrs Pattinson, Mrs Carpenter and Jenny Ranson - our Family Support Worker) who can phone families and signpost them to support available in the local community. The school office is open from 08.30-4.30pm Monday to Friday.

Free@last
49 Nechells Park Road
Nechells,
Birmingham.
B7 5PR.
TEL: 0121 327 5959

They are open from 10am-12.00pm and offer lots of support and advice as well as working as a local food bank.
and

Call Nechells POD team on 07305 862 545 - Rachel Perks
28 Oliver street,
Nechells,
Birmingham.
B7 4NX.

They are offering a sign posting service and are a good contact for the local housing team if you are having any issues.

Phone calls to the children from their teachers

Phone calls home have started again this well. The teachers who have spoken to children in their class, have all been talking enthusiastically about the conversations they have had and how much they are missing them. Please do encourage your child to speak to their teachers, as this is a lovely way for the children and the teachers to stay connected. It is also a good opportunity for you to discuss with your child's class teacher any issues you are having with home learning.

Home Learning Packs:

Home learning packs for all year groups are still being added to the school website on a weekly basis. Please do ensure you check the 'Home learning' page on our website for these.

If your child or one or more of your children **are in Years 4, 5 and 6** please continue to encourage them to go onto Kidblog and do some of the work their teachers have been setting for them on there, as the teachers are able to see what work your children have done and support them with it.

Key/Critical Workers and Vulnerable Children:

Currently, St Joseph's Catholic School is open to a few of our children who are the children of key/critical workers or are classed as vulnerable children. If, at any point over the coming weeks, your situation changes, so for example you become classed as a key/critical worker and you have no one to look after your child/ren during the school day, you may be eligible for them to come into school. Please do get in touch with the school to discuss your situation, if it changes, and we can talk about your needs. The school office is open from 08.30-4.30pm Monday to Friday.

Spiritual Communion:

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/>

Some resources that are available for you to use as a family have been provided by the Archdiocese of Birmingham and some groups they work with, below is a list of these that you may want to look at:

- Weekly Worship and Song: can be found on the DES website page <https://www.bdes.org.uk/resources-for-prayer-and-learning.html>
- The Lay Chaplain at St. Thomas Aquinas Secondary School, Birmingham is sharing daily Collective Worship and this is being uploaded at the start of every week <https://www.bdes.org.uk/shared-resources-from-diocesan-schools.html>
- Ten Ten Theatre Company are also providing free resources for:
 - Sunday Liturgies for Families at: <https://www.tentenresources.co.uk/sunday-liturgy-for-families/>
 - Daily Prayer for Home at: <https://www.tentenresources.co.uk/daily-prayers-for-home/>
 - 15 Prayers During School Closure at: <https://www.tentenresources.co.uk/15-prayers>
- New prayer resources from Kenelm Youth Trust and ST John Fisher, Newcastle at: <https://www.bdes.org.uk/shared-resources-from-diocesan-schools.html>
- Kenelm Youth Trust have also put together a video series called 'How to Pray', which is released every Wednesday – you can find the links to it on all their social media channels and You Tube.
 - Instagram: @Soli_kyt
 - Facebook: solikyt
 - YouTube: <https://youtu.be/JEAvu7HuW7w>

Light in the darkest times

"A light that shines in the dark, a light that darkness could not overpower."

John 1:5

Loving, ever-living and compassionate God,

You understand the pain of loss, the heartache of bereavement,

May we hold in our hearts all those whose families or friends have died.

You are a light that shines in the darkest times,

Guide us and heal us in our sickness and sorrow.

You comfort us in times of fear,

May we comfort each other, even as we keep apart.

You console and lead us in times of doubt and confusion,

May we follow the light of your love and spread hope.

You move our hearts to acts of generosity,

May we be led to share what we have with those in need.

God of life,

We thank you for the signs of your light in the midst of our darkness,

May we be signs of your compassion in the heart of your world. Amen.

Amen

Prayer: Linda Jones/CAFOD

Online resources:

Please do keep using the online resources made available from BBC Bitesize and the [Oak National academy](#) as they have online lessons for each year group up to Y10.

Both of these services feature online lessons which are updated on a weekly basis.

In both cases, there are weekly plans of lessons that children can access. These resources are available for you to use with your children, but please do check the resources beforehand to make sure you are happy with the content of them.

Phonics resources online for reception and Year 1:

The English Hub has been providing 3 phonics lessons a day. There are three different daily phonic lessons for the Birmingham English Hub available on the following YouTube

link: https://www.youtube.com/channel/UCP_FbjYUP_UtldV2K_-niWw/videos.

They are posted daily at 10am Reception, 10.30am Year 1 and 11am "Learning to Blend" (Reception and Year 1 who need more practice). These can be accessed anytime with different lessons every time.

Helping children with SEND continue education:

On the 19th April, DfE released advice for parents and carers looking after children with special educational needs and disabilities.

The guidance gives parents access to:

- a list of [online education resources for children with SEND](#);
- [coronavirus educational resources](#) from The Sensory Projects;
- [SEND-specific resources for learning from home](#) from Tech Ability;
- [advice on supporting children with a learning disability or autistic spectrum disorder \(ASD\)](#) from the Council for Disabled Children;
- [recommendations on special educational needs](#) from the Education Endowment Foundation.

Please hover over the writing in blue and then press control and click you will be able to access these resources.

Contact details for SENAR:

Birmingham City Council have sent out contact details for the SENAR team for parents who need to contact them about their SEND child. Please note the NEW contact details if you need to get in touch with the team who will ensure your enquiry is dealt with in a timely manner.

Families who would like to speak to someone about their child, please call our Parent Link Service on 0121 303 8461 or email parentlinkservice@birmingham.gov.uk

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**

<https://www.internetmatters.org/blog/parental-controls/gaming-consoles/>

General Information

There is also a good attachment from CEOP – this link is appropriate for primary aged pupils

<https://www.thinkuknow.co.uk/globalassets/thinkuknow/documents/thinkuknow/parents/pdf/thinkuknow-parents-helpsheet-primary.pdf>

Support for parents and carers to keep their children safe online

Internet matters –

https://www.internetmatters.org/?gclid=EAIaIQobChMIktuA5LWK2wIVRYXVCh2afg2aEAAAYASAAEgIJ5vD_BwE

Net-aware – support for parents and carers from the NSPCC - <https://www.net-aware.org.uk/>

Parent info - <https://parentinfo.org/>

Thinkuknow – for advice from the National Crime Agency to stay safe online -

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

UK Safer Internet Centre - <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

Childline – support for children -

https://www.childline.org.uk/?utm_source=google&utm_medium=cpc&utm_campaign=UK_GO_S_B_BND_Grant_Childline_Information&utm_term=role_of_childline&gclid=EAIaIQobChMIIfLRh-ez6AIVRrDtCh1N9QR2EAAYASAAEgIc-vD_BwE&gclid=aw.ds

UK Safer Internet Centre – reporting harmful content - <https://reportharmfulcontent.com/>

CEOP – advice on making a report about online abuse - <https://www.ceop.police.uk/safety-centre/>

Useful Contacts

NSPCC – 0808 800 5000

Childline – 0800 1111

Samaritans – 116 123

Mind – 0300 123 3393

NSPCC helpline

The NSPCC helpline has been expanded, so more adults know where to go with concerns about the safety and wellbeing of any children. Some common signs that there may be something concerning happening in a child's life include:

- aggressive or repeated shouting
- hearing hitting or things being broken
- children crying for long periods of time
- very young children left alone or are outdoors by themselves
- children looking dirty or not changing their clothes
- children being withdrawn or anxious.

The NSPCC helpline, which has around 100 staff, can be reached 24 hours a day by email – help@nspcc.org.uk - or through its online reporting form. Its team of experts can also be called Monday to Friday 8am-10pm or 9am-6pm at the weekends on 0808 800 5000.