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| Dear allI hope that you have been able to settle back in to the new term without too many difficulties. I have heard from a few sources that it has been hard to help children understand that it is no longer the holidays and to encourage them back into a little home learning. If this is the case for you, please remember that whilst we hope that all children will have a go at some home learning every day, this should never be at the expense of your relationship. The Education Endowment Foundation have published some tips for successful home learning which you can find using this link: <https://educationendowmentfoundation.org.uk/news/blog-four-tips-for-a-smooth-home-learning-routine/#closeSignup>Whilst the longer closure continues the more concerns I know we all have about delays to children’s learning and progress, by far the more important issue is wellbeing. This link will take you to a government website which has been set up to support mental and physical health during lockdown. <https://www.nhs.uk/oneyou/every-mind-matters/>. It can be used independently by older primary school children and by adults supporting younger children. There are some really useful tips and I would urge you to have a look if you have any spare time (!) this weekend.We have been asked to send you the letter, found at the bottom of this message, from the School Nursing Team who are anxious that parents should know what help and support is available.Please enjoy the sunshine this weekend and take good care of yourselves as well as those around you!My very best wishesClare Pankhania  ***Haleacre Unit******Amersham Hospital******Whielden Street******Amersham******Bucks******HP70JD******21.4.2020*** Dear School staff, parents, carers, children and young people, In response to the COVID-19 (coronavirus) pandemic Buckinghamshire Healthcare NHS Trust has made a number of temporary changes to our community services for Children and Young People. This is to ensure that staff can be redeployed to areas where they are most needed and patient safety is not compromised.                                                                             NHS School Nursing serviceThe NHS school nursing service is operating an essential service.* Monday – Friday, 9am – 5.00pm except bank holidays
* Contact us by phone: 01296 567833 or by email: bht.schoolhealth-enquiries@nhs.net
* Information, advice and support  is also available on our website: [www.buckshealthcare.nhs.uk/school-nursing](http://www.buckshealthcare.nhs.uk/school-nursing)

Other sources for support and advice;    Bucks Family Information Service [www.bucksfamilyinfo.org](https://www.bucksfamilyinfo.org/) offers information on a range of topics relating to family life.      CAMHS (Child and Adolescent Mental Health service) have a *temporary 24/7 helpline   to support the NHS 111 line during the current Covid-19 crisis*. Calls will be diverted to this helpline where there are mental health concerns. Alternatively families can call this number directly 01865 904998.   Kooth – Online free counselling service for children and young people [www.kooth.com](http://www.kooth.com/)        Childline (children’s telephone counselling or online) – Ring 0800 1111 or visit their website [www.childline.org.uk](http://www.childline.org.uk/)       Young Minds - If you are a young person experiencing a mental health crisis, you can text the Young Minds Crisis Messenger for free, 24/7 support. Text YM to 85258.        Samaritans - 24 hour confidential listening and support for anyone who needs it (parents/carers included).Email - jo@samaritans.org      Phone 116 123 (24 hours)Helpful websites about coronavirus for parents and young people        Young Minds: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>         Mind - coronavirus and wellbeing advice: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm_medium=organic&utm_source=twitter&utm_campaign=info&utm_content=coronaviruswellbeing> -Please continue to follow the government advice regarding managing symptoms, self-isolation and social distancing.Yours sincerelyJenny Chapman – Head of 0-19 CYP Services  |

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