

# Highworth Combined School

Dear all

We have almost made it to the half term holiday! Although there have been significant changes to routines, we have been fortunate that there has been limited 'covid' disruption. I know you will be as pleased as me that we have remained open to all pupils throughout. Long may it continue!

School will close at 3.20pm On Friday 23<sup>rd</sup> October and reopen on Tuesday 3<sup>rd</sup> November from 8.35am as there is an Inset Day on Monday 2<sup>nd</sup> November.

Record numbers of parents attended the AGM for Highworth Friends on Wednesday evening; thank you if you were able to attend. It would be lovely to see all of you at the next committee meeting which will take place early in the new half term. Date to be advised.

Although we were not able to have our usual Harvest Festival, we have been busy creating the traditional displays of work so appreciated by visitors. We cannot invite you in to see them, but Mrs Dimishky has taken some wonderful photographs which are now on our website. This link will take you to the relevant page: [https://www.highworth.bucks.sch.uk/web/october\\_2020/516929](https://www.highworth.bucks.sch.uk/web/october_2020/516929)

A reminder that school uniform will be modified after half term as explained in last week's letter, copied here for you information:

*The weather is getting cooler, but, in common with every school in the country, we continue to follow Government guidance by having our doors and windows open to provide the ventilation needed to reduce transmission of the virus. I know that you will have understandable concerns about the impact of this upon your children. In order to help keep them warm, our approach to school uniform is going to change. This will be effective from Tuesday 3<sup>rd</sup> November (first day back after half term holiday) until 1<sup>st</sup> April next year. You may choose to send your children to school in one of the following:*

- *Existing school uniform with additional layers to provide extra warmth (PE kit must still be worn on PE days). Trainers may be worn with uniform*
- *School PE kit, including jogging bottoms, t-shirt and hoody/fleece with additional layers to provide warmth (on any day of the week)*

- *Non-uniform jogging bottoms, appropriate t-shirt/long sleeve top and fleece or hoody and trainers with additional layers to provide extra warmth*
- *Fingerless gloves and hats may be provided and worn in class if needed*
- *Please name all clothes being worn to school*

*Please remember that the purpose of this change is to provide you with the flexibility to use clothes you already have to ensure that your child stays as warm as possible. This is not an opportunity for children to wear their favourite outfit to school! It is very important that parents are the ones making the decisions about what is best.*

In addition, please may we ask that trainers have Velcro fastenings? Boots, including wellies, are acceptable.

I continue to be very worried by the danger to your children of illegal parking outside school. We have recently purchased additional cones to try to prevent parking on the yellow zig zag lines, but some parents have simply chosen to move these in order to park! This is not acceptable; there must be a parking free area to allow children to cross the road safely.

On Wednesday, the Government decided not to provide vouchers for Free School Meals over the half term holiday. However, a local group will be providing hot lunches to those who need them next week. Follow this link to find more information:

<https://www.bucksstudentsunion.org/news/article/6013/No-child-goes-hungry/>

Please see further information regarding help and support for families in Buckinghamshire at the end of this newsletter.

Finally, my thanks to everyone in the community; you have been flexible in adapting to change, supportive and resilient during these most challenging of times.

My very best wishes for a happy and restful half term holiday.

**Clare Pankhania**

## PTA NEWS

Half term is here and I know I am excited for pyjama days and Halloween movies on repeat.

Thank you so much to all who attended our AGM on Zoom on Wednesday night- the turnout was fantastic. The following were appointed to post for this academic year:

Chair- Ailis O'Brien (child in year 1)

Treasurer- Kerry Hambrook (child in year 4)

Secretary- Sarah Akanbi (child in year 1)

Deputy Chair- Jasmin Fergusson (child in year 4&5)

Deputy Treasurer- Sharon Smart (past pupil parent)

Deputy Secretary- Michelle Checkley (child in nursery & year 2)

Don't forget to follow us on Facebook (Highworth Friends PTA) - we will be launching a Body Shop raffle exclusively on our page over half term.

Keep an eye on book bags after half term for details on how to order Christmas cards designed by your children.

## **Advice and Support Available for Families in Buckinghamshire**

### All areas

#### **Bucks Family Information Service**

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/advice.page?id=TORPT0o3REc>

#### **Food Bank Vouchers and Referrals**

- Speak to your Children's Centre, Health Visitor or Social Worker or
- Speak to [your local Citizens Advice Bureau](#)

**Free government food vouchers** are provided by the council. This is part of the Emergency Support Scheme. The government will provide up to a few days of free groceries, hot meals, tinned or canned goods, and fresh food too. The help is for families on a low income or benefits, and find more details on [Buckinghamshire Emergency Support Scheme](#).

#### **Fare Share**

Food donations from Tring road Tesco in Aylesbury, Loudwater Tesco, Wycombe and Eden Tesco  
<http://fareshare.org.uk/>

#### **Buckinghamshire Disability Service**

<https://buds.org.uk/if-you-are-in-crisis-and-need-emergency-food/>

## **Transforming Lives for Good – Make Lunch**

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

### **Trussell Trust**

The Trussell Trust's 400-strong network of food banks provides a minimum of three days' emergency food and support to people experiencing crisis in the UK.

[Trussell Trust](#)

### **Connection Support**

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

01296 484322

### **Salvation Army**

<https://www.salvationarmy.org.uk/homelessness>

### **Olio Food Sharing**

<https://olioex.com/>

### **Joseph Rowntree Foundation**

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

### **Family Lives**

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

## **Aylesbury**

**Aylesbury Vineyard** - Make Lunch, Storehouse clothing and furniture & foodbank

<https://aylesburyvineyard.church/>

### **Aylesbury Foodbank**

<https://aylesbury.foodbank.org.uk/>

Esquires Coffee shop and Church on Berryfields have partnered together to provide a Berryfields Foodbank. This is a distribution point of the Aylesbury Foodbank and follows their Trussell Trust voucher procedure for people in crisis.

Open every Monday 10:30-12 and Thursday 2-3:30. During those times if you are in a financial crisis then you can come to receive a food parcel. People can also donate (non-perishable) food & toiletry items during those times. If you need to contact us: [foodbank@churchonberryfields.org](mailto:foodbank@churchonberryfields.org) 07919 332859

### **Wendover Free Church**

<http://www.wendoverfreechurch.org.uk/>

### **Milton Keynes Foodbank**

<http://mkfoodbank.org.uk/about-the-food-bank/>

### **Buckingham Parish Church**

[https://www.bpchurch.uk/Groups/149163/Buckingham\\_Parish\\_Church/Church\\_Life/Community/Community.aspx](https://www.bpchurch.uk/Groups/149163/Buckingham_Parish_Church/Church_Life/Community/Community.aspx)

### **St Peter & St Paul's Church, Buckingham**

Provides food for those in need living north of Winslow

[https://www.buckinghamparishchurch.org.uk/Groups/237838/Buckingham\\_Parish\\_Church/Church\\_Life/Community/Buckingham\\_Food\\_Bank/Buckingham\\_Food\\_Bank.aspx](https://www.buckinghamparishchurch.org.uk/Groups/237838/Buckingham_Parish_Church/Church_Life/Community/Buckingham_Food_Bank/Buckingham_Food_Bank.aspx)

**Thomas Hickman's Charity**

14 Bourbon Street , Aylesbury, HP20 2RS  
01296 318500

Offers small grants to Aylesbury Town residents in need; applications can be made by families to cover expenses such as uniform, school shoes etc. There is a form available from the charity and schools can help parents complete the form if necessary.

**Youth Concern** will only help young people under the age of 25 with a connection to Buckinghamshire. They will be provided with a hot meal as well as shelter and advice. The charity has a post of Whitehill Lane, Aylesbury, Buckinghamshire, HP19 8FL, call 01296 431183.

**Aylesbury Homeless Action Group**

<http://www.ahag.org.uk/>

01296 435026

## Chiltern & South Bucks

**Chesham Community Fridge**

<https://cheshamcommunityfridge.org/>

**Kings Church**, Amersham, Make Lunch, baby baskets, dad's support and furniture project. Call 01494 431882. Bags of food, fruits, and more is provided from the church.

<https://kca.church/>

**Kings Church Amersham/Tesco Foodshare**

<https://www.facebook.com/groups/1861807350804960/>

**Chiltern Foodbanks**

<http://chiltern.foodbank.org.uk/>

**Hope Church, Beaconsfield**

[https://www.hopebeaconsfield.co.uk/Groups/243545/Hope\\_Community\\_Drop.aspx](https://www.hopebeaconsfield.co.uk/Groups/243545/Hope_Community_Drop.aspx)

**Slough Foodbank**

<https://slough.foodbank.org.uk/>

**St George's Church, Little Chalfont – Thursday lunch**

<https://www.achurchnearyou.com/church/5924/service-and-events/events-regular/>

**St Michael & All Angels church in Beaconsfield**

Phone number is 07584 637697

**Denham One Can food bank**

Phone number is 07584 637697

**Chiltern Trussell Trust food bank** is located at 71 Broadway, Chesham, Bucks, HP5 1BX, and telephone is 01494 775668. They have several distribution centres in Buckinghamshire County, and the locations are below.

- Calvary Parish, Community Suite, Church Of England Primary School, Orchard Paradise, Berryfields, Aylesbury HP18 0WS.
- 71 Broadway, Chesham HP5 1BX is open from 10.30am – 12.30pm.
- The King's Church, Raans Road, Amersham, provides a parcel of food on Monday from 10 am to 2 pm.
- St George's Church is open on Thursdays. The address is White Lion Road, Little Chalfont HP7 9LW.

## **The Baby Bank (Windsor)**

<https://www.thebabybank.org/>

## **Wycombe**

**High Wycombe Society** has free food or meals for older residents, such as pensioners, from the Pop-In-Centre. The charity also runs a furniture project, provides financial aid (which can be used for buying food or groceries) and other help. Find more information on [support from High Wycombe Society](#) and how the charity can assist.

**Big Yellow Storage in High Wycombe is a partner.** A bag of groceries with enough food for 3 days is provided to the low income.

Phone – 07584 637697

## **Maidenhead foodbank**

<https://www.facebook.com/FoodshareMaidenheadFoodbank/>

## **One Can Trust**

One Can Trust has operates a foodbank based in High Wycombe, serving the Wycombe and Marlow area. They work with almost 100 front line agencies who refer people for food aid.

<http://onecantrust.org.uk>

## **Little Marlow Church, Coldmoorholm Lane, Little Marlow**

Telephone – 07584 637697

## **Wycombe Homeless Connection**

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

## **Money and Budget Advice**

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/family.page?familychannel=3>

<https://quidsinmagazine.com/>

<https://www.moneyadvice.service.org.uk/en>

<https://www.moneysavingexpert.com/news/2011/04/free-money-advice-service-launches/>

<http://www.billhelp.uk/>

<https://www.bbc.co.uk/bitesize/tags/zm2chbk/money/1>

<https://lookaftermybills.com/>

<https://www.stepchange.org/debt-info/your-financial-situation/making-a-budget.aspx>

<https://www.childrensociety.org.uk/advice-hub/money-matters/budgeting>

## **Support and General Advice**

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/site.page?id=niLwOu14rtl>

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/home.page>

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

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

<https://england.shelter.org.uk/>

<https://www.samaritans.org/>

[http://www.barnardos.org.uk/what we do/our work/service-search.htm](http://www.barnardos.org.uk/what_we_do/our_work/service-search.htm)

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

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

<https://www.aylesburywomensaid.org.uk/refuge/>

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

<https://www.refuge.org.uk/get-help-now/help-for-men/>

<http://www.mensadvice.org.uk/>

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

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

<https://singlewithkids.co.uk/>

<https://www.netmums.com/support/single-parents>

## **Wellbeing**

<https://www.buckscc.gov.uk/services/care-for-adults/advice-for-vulnerable-adults/>

<https://www.buckscc.gov.uk/services/health-and-wellbeing/public-health/>

<https://www.mind.org.uk/information-support/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

<https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support>

<http://www.aylesburyspace.co.uk/>

<https://www.bbc.co.uk/bitesize/tags/z7qg6v4/mental-health/1>

<https://www.nhs.uk/conditions/stress-anxiety-depression/feeling-lonely/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/#.XeZ-ZoP7TIU>

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

<https://www.nuffieldhealth.com/article/10-ways-to-take-action-against-loneliness>

<https://www.rethink.org/>

<https://youngminds.org.uk/>

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

<https://www.kooth.com/>

## **Apps**

Blueice – for managing emotions

Catchit – Learn to manage negative thoughts and look at problems differently

Chillpanda – Breathing techniques to help you relax

Cove – Create Music to reflect emotions

eQuoo – emotional fitness game

Feeling Good: Positive Mindset – Uses audio tracks to help relax your body and mind

Thrive – Use games to track your mood and teach yourself methods to take control of stress

Calm – Meditate, sleep, relax

Headspace – Meditation, sleep, healthy mind

Aura – Personalised meditation

Calm Harm - help teenagers manage or resist the urge to self-harm

Clear Fear - help children and young people manage symptoms of anxiety

Combined Minds - help families and friends provide mental health support

Student Health App – information for students

Worry Tree – help to manage worries with CBT