

BUCKINGHAMSHIRE COUNCIL  
Education Department

# Highworth Combined School & Nursery

HIGHWORTH CLOSE HIGH WYCOMBE BUCKS. HP13 7PH

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Newsletter: 17<sup>th</sup> December 2021 Issue: 14

**Letters sent home & e-School messages this week:** Events this Week, Heights & Weights (Y6), Applying for a School Place (Nursery), Message from DfE, Young Voices Concert Cancelled (Y4)

Dear all

This will be brief as I am sending a separate end of term message today.

This time of year can bring both pleasure and difficulty. Please see below for links to organisations able to offer support for a number of issues.

Your support for Christmas Jumper Day last week meant that we were able to make a donation of £150 to Save the Children. A huge thank you.

A little Christmas treat for you: please use this link to the website to see us all dancing enthusiastically for your entertainment!

[https://www.highworth.bucks.sch.uk/web/step\\_into\\_christmas/588408](https://www.highworth.bucks.sch.uk/web/step_into_christmas/588408)

Finally, teachers have prepared the optional Home Learning Matrices for the Spring Term and these can be found here:

[https://www.highworth.bucks.sch.uk/web/home\\_learning\\_matrices/570245](https://www.highworth.bucks.sch.uk/web/home_learning_matrices/570245)

My very best wishes for a happy holidays

Clare Pankhania

## ATTENDANCE

The display board at the front of the school shows each year group's weekly attendance.

**SCHOOL ATTENDANCE TARGET IS 96%**

**BEST ATTENDANCE: 97.3% (CLASS 6S)**

**WELL DONE**

**OUR WHOLE SCHOOL ATTENDANCE IS**

**WELL BELOW TARGET AT 90.3%**

## DATES FOR YOUR DIARIES:

### Wednesday 5<sup>th</sup> January

School reopens for pupils

### Thursday 6<sup>th</sup> January

Y6 Heights & Weights (NCMP Programme)

### Friday 7<sup>th</sup> January - pm

Y1 Gymnastics – Sports Hub Event

## **PARENT ZONE**

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

**Money and Benefits:** [Money and benefits | Family Information Service \(buckinghamshire.gov.uk\)](#)

**Bucks Family Information Service:** [Family Information Service | Buckinghamshire Family Information Service](#)

**Food Bank Vouchers and Referrals:** Speak to your Children's Centre, Health Visitor or Social Worker or see guidance [HERE](#) or speak to [your local Citizens Advice Bureau](#)

**Free Government Food Vouchers:** [Buckinghamshire Emergency Support Scheme.](#)

**UK Bill Help:** <https://www.billhelp.uk/buckinghamshire-food-banks/>

**Fare Share:** <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:** [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/>

**One Can Trust:** <https://onecantrust.org.uk/food-bank-collection-points/>

**Family Fund:** <https://www.familyfund.org.uk/>

**Action For Children, Bucks:** <https://services.actionforchildren.org.uk/bucks-activity-project/>

**Max Card:** <https://mymaxcard.co.uk/>

**Benefit and Grant Calculator:** <https://www.entitledto.co.uk/>

**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.

**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>

**St John the Baptist Church, Little Marlow**

<https://4u-team.org/onecantrust/> 07584 637697

**Wycombe Homeless Connection**

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

**Holy Trinity Church, Prestwood**

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

**Money and Budget Advice**

[www.citizensadvicebucks.org.uk](http://www.citizensadvicebucks.org.uk)

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

<https://quidsinmagazine.com/>

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

<https://capuk.org/>

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

## **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://contact.org.uk/help-for-families/information-advice-services/benefits-financial-help/>

<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.england.nhs.uk/supporting-our-nhs-people/how-to-guides/financial-wellbeing/financial-wellbeing-support/>

<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>

<https://www.carersuk.org/help-and-advice/financial-support>

<https://www.chat-charity.org.uk/>

## Wellbeing

<https://giveusashout.org/>

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

[Autonomous sensory meridian response on BBC R1](#)

<https://www.thecalmzone.net/>

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

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-pupils>

<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.studentminds.org.uk/lookingafteryourmentalwellbeing.html>

<https://www.myworldofwork.co.uk/wellbeing-support>

<https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/sources-of-support-for-your-wellbeing>

<https://www.together-uk.org/>

<https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/mental-health>

## **Apps Available**

- #stayalive - a suicide prevention resource full of useful information and tools to help you stay safe in crisis
- Aura – Personalised meditation
- Blueice – for managing emotions
- Bright Sky - support and information for anyone who may be in an abusive relationship
- Calm – Meditate, sleep, relax
- Calm Harm - help teenagers manage or resist the urge to self-harm
- Catchit – Learn to manage negative thoughts and look at problems differently
- Chillpanda – Breathing techniques to help you relax
- Clear Fear - help children and young people manage symptoms of anxiety
- Combined Minds - help families and friends provide mental health support
- Cove – Create Music to reflect emotions
- Daylight - provides help to people experiencing symptoms of worry and anxiety
- Elefriends - a supportive online community from the mental health charity Mind (over 17s only)
- eQuoo – emotional fitness game
- Feeling Good: Positive Mindset – Uses audio tracks to help relax your body and mind
- Headspace - mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep
- Liberate Meditation - meditation app that offers culturally sensitive and diverse meditations and talks that have been curated for the BAME community
- Mind Shift - designed to help teens and young adults cope with anxiety
- Mood Tools - designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery
- Recovery Record - the smart companion for managing your journey to recovery from eating disorders
- Rise Up - for people struggling with food, dieting, exercise and body image
- Sam - to help you understand and manage anxiety

- Silver Cloud - supportive and interactive programmes, tools and tactics for mental and behavioural health issues
- Sleepio - sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep
- Smart Recipes - from Change4Life is an easy way of helping you prepare tasty, healthier meals
- Student Health App – information for students
- Thrive – Use games to track your mood and teach yourself methods to take control of stress
- Unmind - a mental health platform that empowers staff to proactively improve their mental wellbeing
- Worry Tree – help to manage worries with CBT

## **Information for Parents**

### **COVID-19 Testing**

Twice weekly testing using Lateral Flow Devices (LFDs) remains recommended for the families of school-aged children. These are available for free, see this link to order: [Order coronavirus \(COVID-19\) rapid lateral flow tests - GOV.UK \(www.gov.uk\)](https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests)

This helps to identify if you or your child is infected so that others in the school and wider community can be protected. Please note that this type of testing is only for people without symptoms of COVID-19 and if you test positive, you need to self-isolate and arrange for a free confirmatory PCR test via this link:

[Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/get-free-pcr-test)

### **COVID-19 Vaccination**

People aged 16 and over, including adults, can book a vaccination appointment through the National Booking System or attend a walk-in clinic:

- [Book or manage a 1st or 2nd dose of the coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- [Find a walk-in coronavirus \(COVID-19\) vaccination site - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Severe illness and death from COVID-19 infection are more likely with increasing age. Therefore, adults are more vulnerable than children and it is important that you are vaccinated as well as any of your eligible children to protect your and your family's health.

If you are eligible for a COVID-19 booster vaccination (people aged 50 and over, or anyone aged 16 and over with a high-risk health condition) then you can book an appointment to have it [here](#), although please note that it must be at least 6 months since your second dose of the vaccine. This will help to top-up your protection against COVID during the Winter months.

## **Flu and other winter viruses**

As we move into winter, other viruses may start to spread, causing flu and colds. The symptoms from these infections can be similar to those of COVID-19.

It is important to get a free PCR test for COVID-19 first if you or your child develops any of the following: a new continuous cough; a raised temperature; a change in taste or smell. If this test is negative, it is still important to continue testing twice-weekly using LFDs as you or your child might go on to become infected with COVID-19 later.

People who are eligible, including children aged 2-15 years old and anyone between the ages of 6 months and 50 years old who is clinically vulnerable can have a free NHS flu vaccine this year, which is the best way of protecting ourselves and those around.

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