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Warwick Bridge Primary School
Newsletter No 19
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Remote Learning

Your child should be able to access live learning and activities with their teachers and TA staff. We realise that learning at home is not ideal for everyone. Please ensure, however, that your child is on time for their 1:1 lesson or class session with the school staff member. If you are having difficulties in joining the lessons, contact the class teacher as soon as possible via Class Dojo or email. Parents and carers are quite often juggling their own work from home along with the support of the children's work. This is indeed a difficult time and we thank you for all your efforts. Similarly, staff are working from home setting the work and delivering live sessions. They are also coming in to school to teach in the Bubble and for staff who have their own children to educate, the pressure to ensure that all these areas can be successfully supported is immense. We thank you for your understanding and patience at this time.

Online Lessons and Assemblies

Learning at home is very important. That is why all staff at Warwick Bridge School expect the highest standards of behaviour at all times from every pupil. When children are in assemblies or lessons we expect that they are fully engaged and focussed on the tasks in hand. Children should be with a responsible adult, sitting up, dressed for learning – so no pyjamas please -not eating, (a drink is allowed whilst they are learning) and not playing with any objects at all. It is very important that these simple steps are all followed and supported by parents and carers. Thank you for your cooperation in this.

Attendance at School

If you are a Key Worker and your role is pivotal to the response to the Covid-19 pandemic, you can have your child attend school between 9am-3pm Mon -Thurs and 9am-12noon on Fridays. The message is very clear however – if your child can stay at home, they must stay at home. Parents and carers must try to source childcare and not send children in to school. The government guidance is very clear – wherever possible, children must stay at home. In the extreme cases of parents/carers being Key and Critical Workers, children have a place at school. But please understand that during this lockdown period the school is only open to serve the children of the Key and Critical Workers. You must let school know well in advance of your plans to send any child to school. Telephone the school or contact the class teacher on Class Dojo as soon as possible.

Technology for Online Learning

One of the most difficult aspects of learning remotely is ensuring that the technology used is suitable for the tasks. We have been able to support some families who needed different devices in order to access online learning. If you are having issues with the tablet, laptop or device that you are using for remote education, please let your class teacher know. The school has secured monies from various grants to buy more equipment that can be used to learn at home. We have also benefitted from the generosity of local people who have donated devices to school. For this we are very thankful. Remember to let us know if you are struggling in any way with the devices and web access you have. Support is out there and we can offer it.

Children's Mental Health Week 2021

Nationally, Children's Mental Health Week is taking place on 1-7 February 2021. This year's theme is 'Express Yourself'. Cumbria County Council would like to hear about ways that you have helped your children and families to adapt and keep going, throughout the pandemic. The council are inviting you to send photos of activities that you have done with children to provide calm, nurture and consistency during this strange time. Please send your contributions in digital format to Lucy.Pye@cumbria.gov.uk by the end of Thursday 4th February. All entries received will be entered into a prize draw.

Help for Families

The COVID-19 pandemic has affected people in lots of ways, and whilst Cumbrian communities have been fantastic at supporting each other, many people are finding they need a bit of extra help and support. These webpages provide information about support available to people in Cumbria, online and on the phone. <https://www.cumbria.gov.uk/welfare/default.asp>

WBS - Working, Believing, Succeeding – A Wonderful Bridge to Success

The message is 'Don't wait for problems to get worse, there are organisations that can help, and it's better to get advice sooner rather than later'. Cumbria County Council can provide urgent help and emergency support, including basic food and essential items, or if you (or someone you know) are struggling to cope with your current situation for whatever reason.

Support Helpline - 0800 783 1966 (Monday to Thursday 9am to 5pm, Friday 9am to 4.30pm).

Emails to COVID19support@cumbria.gov.uk will receive a response within one working day.

Getting Support for Mental Health

Having good mental health means that we can cope with the normal stresses in life. With the challenges brought by the pandemic, we may notice that we and those in our family start to feel anxious, angry, overwhelmed or tearful in situations that we would have ordinarily managed without a second thought.

The current situation has brought traumatic experiences, social isolation, a loss of routine and a breakdown of formal and informal support, leaving many people experiencing poor mental health for the first time. It is important to acknowledge that your thoughts and reactions to the pandemic are normal and you are not alone.

Maybe your child is:

- *struggling with concentration or listening*
- *appears more sensitive or is displaying unusually difficult behaviour*
- *is becoming more distressed and anxious*

This could be a response to the current situation and is also a normal response.

An Action for Children study has reported 1 in 3 parents /carers felt out of their depth when it came to supporting their child's mental health during lockdown. It is important to remember that you 'can't pour from an empty cup' so taking care of your own mental health is paramount to supporting the mental health of your child.

Barnardo's MyTime is the Tier 2 Emotional Health and Wellbeing Service in Cumbria supporting 5-18year olds with mild to moderate mental health presentations, but not all young people experiencing mental health issues will require a referral into a mental health service. Simple things such as maintaining a healthy sleep routine, a balanced diet and regular exercise along with providing periods of uninterrupted one to one attention can be an effective early intervention and prevent escalation.

Support for Children & Young People

If you are a young person who needs some support or you are working with a young person who needs some support here are some organisations you can contact:

- **KOOTH** – is an online counselling and emotional well-being service for children and young people, available free at the point of access. Chat and forums - it's safe and anonymous.
- **Young Minds** - is a charity providing online advice and support for children, young people, parents and professionals.
- **Papyrus UK** - Charity for the prevention of young suicide - hopefully they can provide support for parents in dealing with the young person's self-harming and suicidal behaviour and ways.

Click on the links to visit these homepages

Support for Parents, Carers & Families

MyTime are offering information sessions every day this week for parents and carers giving informal practical advice and ideas that can help support the mental health of them and their child through the pandemic. For session times and sign up information please click [here](#).

Blood Donation

NHS Blood and Transplant are asking for your help once again. There are upcoming blood donation sessions at Carlisle Crown and Mitre Hotel and Morton Manor Community Centre throughout March, with lots of available appointments. NHS would be grateful if you could help by donating blood and spreading the word. Whether you are a new or regular donor, please visit blood.co.uk, download the NHSGiveBlood app or call 0300 123 23 23 to book an appointment.

Crossing Patrol

Mr Hopkins will not be on the crossing patrol on Monday 8th February. He will be back on Tuesday 9th.

All the best for a relaxing weekend

Mr M Ashton