

Information for our Font families

I have attached some links below to hopefully help out during the summer break. If there are any other areas you feel you would like advice/support on please feel free to contact me either through class dojo or email – l.liddell200@durhamlearning.net

Have a safe and happy summer everyone! 😊

Mental wellbeing

Since March it honestly feels that the world has changed completely and it is so difficult for adults to understand what is happening so how must our children be feeling? I know you will all be reassuring your child but for some they may need a bit more support. Please have a look at the following sites:

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

This site is for young people who are 11+ which is our Year 6 children. It may be something they want to access as some will be feeling very anxious about moving on to secondary. They definitely didn't get the ending they deserved!

- <https://www.giveusashout.org/>

This is a text message counselling service for anyone (adult or child) who has concerns. Have a look at the website but all anyone needs to do is text 85258 with their worries. This service is available 24/7 and I have heard really positive feedback!

- <https://www.facebook.com/Relaxkidsderwentside/>

Follow relax kids on facebook for tips around reducing anxieties and help controlling and regulating emotions.

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

If you have concerns about a child outside of the family please contact NSPCC on either the above website or ring 0808 8005000

Reading activities

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

This is an excellent site with lots of stories, activities and authors retelling stories too! Scroll down the home page to the HomeTime hub – enjoy!

- <https://literacytrust.org.uk/>

Look at the family zone for some lovely ideas and activities

Online safety

I know as a parent this is one of my main concerns and I wish I had a magic wand! During lockdown children have been spending a lot more time online which is completely understandable but difficult for a parent to manage – believe me!!!! These sites offer a lot of advice and resources:

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

This is a great tool for both parents and children – definitely worth a look.

- <https://www.saferinternet.org.uk/advice-centre>

Lots of tips and advice for helping children to stay safe online.

- <https://www.getsafeonline.org/>

Good advice for adults too for example, avoiding internet scamming.

- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Advice on various games/apps and setting up parental controls so you know what the little darlings are up too!

- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

Support for children and what to do if they are concerned about something that has happened online.

Water and sun safety

We will hopefully continue to have a lovely, warm summer (fingers crossed!) Please make sure you talk to your children about staying safe in the water. The following website below may help.

- <https://rnli.org/pages/beach2020>

Watch the clip from RNLI below too

<https://youtu.be/MwZM6HTjik>

Don't forget the sun cream!

- <https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/ways-to-enjoy-the-sun-safely-0>

Healthy eating and exercise

If your house is now anything like mine the fridge is a revolving door and the kids are always eating! They are also getting lots of exercise on their thumbs (back to the Xbox) but not as much physical activity as they did before lockdown. The change for life link below will hopefully help and failing that Joe Wicks clips are all on youtube too.

- <https://www.nhs.uk/change4life>

Tips on healthy snacks, recipes and exercise

- If you have any concerns about health please contact your local GP. For non-emergency advice you can also call the school nursing service on 03000 263538

Behaviour

We never expected to have our children in the house for such a long time and it has definitely brought challenges for many!

If you need any extra support around behaviour please see the following links:

- Telephone rollercoaster support group 07415 380 040
- Contact One-point services - <http://www.durham.gov.uk/onepoint>

Telephone – 03000 261111

Any additional support

One-point services offer a wealth of support around finances, family support, grants for uniforms, advice, activities happening in the area – you name it!

<http://www.durham.gov.uk/onepoint>

Telephone – 03000 261111

COVID advice – staying alert over the summer (I don't mean to sound like Boris!)

We can all help control the virus if we all stay alert. This means you must:

- stay at home as much as possible
- work from home if you can
- limit contact with other people
- keep your distance from people not in your household (2 metres apart where possible)
- wash your hands regularly

Do not leave home if you or anyone in your household has symptoms

Final clip – if any children are struggling with social distancing and really need a hug! I love this x

<https://youtu.be/2PnnFrPaRgY>

Take care and please contact me if you need anything at all!

Mrs Liddell x