

Community Wellbeing Newsletter

As you can see from the above logo we have changed our Academy Trust. This does not effect your child's learning or to your family support however, it will only enhance the work done behind the scenes.

We like to keep in touch with our families to update on progress positive and negative on a regular basis during the week. Also if your child is unwell or we need to unfortunately in current times close a bubble, it is vital that we can contact yourselves as soon as possible. If you have changed your phone numbers or have little credit you can always email or phone office and we will call you back.

NEW RULES

Curbs after Dec 2

TIER ① MEDIUM

- All businesses not currently shut can stay open
- Table service only at pubs and restaurants. 10pm last orders
- Rule of 6 (inside and outside pubs)
- Schools, unis, gyms, places of worship open
- 15 guests at weddings, 30 guests at funerals
- Live events limited to 50% capacity or 4,000 outdoors / 1,000 indoors

TIER ② HIGH

- Households can't mix indoors
- Households can mix outdoors if sticking to Rule of 6
- Pubs must serve 'substantial meals' or close
- You may only sit inside a pub with your own household
- You may sit outside a pub in mixed households as long as you stick to Rule of 6
- Last orders by 10pm and must close by 11pm
- Schools, unis, gyms, places of worship open
- Live events limited to 50% capacity or 2,000 outdoors / 1,000 indoors

TIER ③ VERY HIGH

- Households can't mix (indoors or most outdoor places)
- Pubs and restaurants to stay shut but deliveries, takeaways and drive-thru allowed
- Schools, unis, gyms, places of worship open
- Wedding receptions banned
- No overnight stays outside area unless necessary
- Live events banned

HERE 2 HELP
WORCESTERSHIRE

Covid—19

There continues to be vulnerable people in our community who have to self-isolate.

If you are vulnerable and need help during this difficult time but are unable to seek help from family, friends and neighbours, the county council can help. Call 01905 768053 or go to

www.worcestershire.gov.uk/here2help.

Self—isolation Grant Payments

A new system for making payments of £500 to people on low incomes who need to self-isolate has been introduced.

People who receive welfare support will automatically qualify for these payments. There will also be a discretionary element for potential payments to people who experience hardship because they are unable to work while self-isolating. You can find more info here:

www.gov.uk/government/news/new-payment-for-people-self-isolating-in-highest-risk-areas

New Year, New Skills



With 2021 fast approaching and 2020 has not been what we would have all wanted. What a better time to learn a new skill or attend a course to support your family. These courses are Free to Parents /carers and are only 6 to 8 weeks and even some are in the evening to help people attend.

If you go to www.worcestershire.gov.uk/courses for the full listing.



Family Memories Covid-19 time capsule Course

We are living through a momentous, history time but likely won't remember all of it—this course is to capture the moment. Together you will make things to help your family remember the significance of this time that don't cost any money. You will also take the time to make a memory box to store it all in to share with your family in years to come.

Nurture Course for Parents of children with SEND

This course is for all parents /carers of children with special needs and disabilities to give them time for themselves to nurture their own health and wellbeing. This course will be led by our friendly Learning Tutor who will give you time to explore some new arty ideas and create some new crafting activities whilst offloading with other parents/carers in similar family situations. This course will give you 'time for you' to enjoy some new activities.

Thinking about Employment for Parents ONLINE

Have you thought about returning to work having been a parent at home? Not sure where to start or how to feel ready for this big step of change? This course will empower you to start to feel ready to consider your own future now that your children are at school. On this course you will learn about our Adult learning Team and the courses you might want to take.

Managing Mindfulness for Parents and Carers of those with SEND

This course is for adults who are supporting and caring for children, young people or adults with special needs and disabilities. The course will take you through mindfulness for anxiety management, the 5 steps to wellbeing and how to manage "coke bottle affects" or meltdowns. It will teach you positive risk taking, relaxation and calming techniques and giving you knowledge of understanding behaviours and support you with prevention, de-escalation techniques and strategies.

Time for you—parents Online Course

This course is for all parents and carers that are interested in having some time for themselves following the lock-down and isolation period this year. This course will be delivered by our friendly Learning Tutor and will give you time to do some mindfulness activities, take your mind off any issues you may face, use it as a time to offload and talk about what we have been through with Covid-19 and empower you to find a positive mental wellbeing.

Fun Phonics'

Fun Phonics' course to introduce parents/carers to phonics in the Early Years (nursery, pre-school, reception, key stage 1). This course will focus on a different phonics aspect each week and every session parents will come away with homemade phonics resources to help your children. This course is to explain what phonics means. What the jargon means that they will hear at school and help them understand current school teaching methods to help your children at home.

Learning New Skills

"it is never too late to be what you might have been" George Eliot

ACT EARLY CAMPAIGN

Family and friends know when something's not right. It can feel scary to think someone close could be heading down a path towards extremism.

However, you are best placed to spot worrying behaviour at an early stage and can help the person you care about get the support they may need to move away from extremism.

You are not alone. Together we can help prevent them from becoming drawn into harmful activities or groups, and help them choose a different path.

If something doesn't feel right, call the national Police Prevent Advice Line on 0800 011 3764, in confidence, and our specially trained Prevent officers will listen carefully to your concerns.

We are here to help. You will not be wasting our time. The earlier you tell us your worries, the quicker we can get the person you care about the help they need to protect them from being groomed and radicalised.

Receiving support is voluntary. We'll need the person's permission to help them. We won't tell the person you're worried about you called us, unless you say we can.

Our Prevent officers, working with our partners, have helped many people to move away from extremism and find a new direction.

Police forces across the country have specially trained Prevent officers who work with professionals in health, education, local authorities and charities, as well as faith and community groups to help vulnerable people move away from extremism.

Together they put the right package of support in place. That could be support from a doctor, through a school, or with a local community group or mentor, for example.

Trust your instincts. Act early. If you're worried that someone you know is being radicalised, visit actearly.uk for more information.

www.actearly.uk

Signs and Vulnerability

There is no single route to radicalisation. However, there are certain behaviours you can watch out for that we often see when someone is being led down the path of extremism. These signs and vulnerabilities are not listed in any order of importance. Our experience shows that some of these behaviours and vulnerabilities can make a person more at risk of being exploited. Identifying them doesn't necessarily mean someone is being radicalised. There can be other explanations behind the behaviours you are seeing. If you're worried, then act early and reach

Being influenced or controlled by a group.

An obsessive or angry desire for 'change or something to be done'.

Spending an increasing amount of time online to sharing extreme views on social media

Personal crisis

Need for identity meaning or belonging.

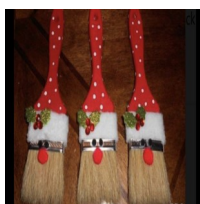
Mental Health issues

Looking to blame others

Desire for status, need to dominate



Keep your eyes out for the Christmas catalogues that have been sent out in the last week. If you are interested in buying anything please fill in the form or let us know what you would like and these will be created for you. All money raised will go towards educational activities for the pupils which will be fantastic.



Wear Your Christmas Jumper

Donate £1.00 to Save The children








**Riversides School
Christmas Raffle 2020!**

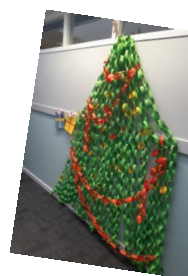
Christmas Raffle

Tickets £1 each.
See Liz in Primary 1

Loads of prizes to be won including toys, games, vouchers, days out and lots more!





From all the staff at Riversides, we would like to wish you all a Happy Christmas and an enjoyable New Year. We look forward to seeing the children back on the 5th of January 2021

