

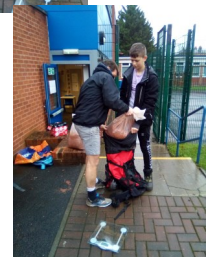
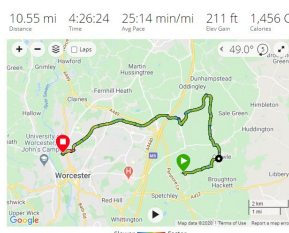
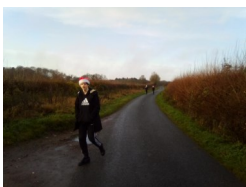
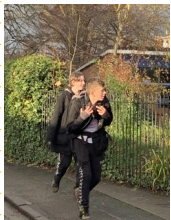


Community Wellbeing Newsletter

Here we go again into another lockdown, we have done it before and we can do it again. However, we are still here to support our families. It might be with online learning, home-schooling, practical advice for staying safe and managing your finances. Staff are in school and you can contact us at anytime for support or advice.

Fantastic news for the New Year.

On the 11th December, three of our Year 11 boys and 2 staff achieved not only a personal goal but a fantastic team effort by completing the Para10. Walking 10miles across county with 20KG on their backs along with supplies, first aid kits and the required Christmas hats. Staff and Parents were on hand to welcome them back. To see the delight on their faces on return will stay with everyone for a very long time. We are so proud of you all.





HM Government



ENGLAND LOCKDOWN STAY AT HOME

**THE NEW VARIANT OF CORONAVIRUS IS SPREADING FAST.
WE ALL NEED TO PLAY OUR PART TO STOP THE SPREAD.**

▶ LEAVING HOME

You must not leave, or be outside of your home or garden, except for a very limited set of exemptions e.g. to shop for basic necessities, exercise, go to work if you cannot do so from home, or to escape risk of harm.

▶ MEETING OTHERS

You cannot leave your home to meet socially with anyone, except with your household or support bubble (if eligible to form one). Stay 2 metres apart from anyone not in your household or support bubble.

▶ EXERCISE

You may exercise on your own, with your household or support bubble, or with one person from another household (when on your own). Stay 2 metres apart from anyone not in your household or support bubble.

▶ BARS, PUBS AND RESTAURANTS

Hospitality closed aside from sales by takeaway (until 11pm), click-and-collect, drive-through or delivery. Alcohol cannot be purchased through takeaway or click-and-collect from hospitality venues.

▶ RETAIL

Essential shops can open. Non-essential retail must close and can only run click-and-collect and delivery.

▶ WORK AND BUSINESS

Everyone must work from home unless they are unable to do so.

▶ EDUCATION

Early years settings open. Primary and secondary schools and colleges move to remote provision except for vulnerable children and children of critical workers. Most university students to move to remote learning.

▶ LEISURE AND SPORTING FACILITIES

Closed, with limited exceptions.

▶ ACCOMMODATION

Closed, with limited exceptions.

▶ PERSONAL CARE

Closed.

▶ ENTERTAINMENT

Closed.

▶ OVERNIGHT STAYS

You must not stay overnight away from home. Limited exceptions apply e.g. to stay with your support bubble.

▶ WEDDINGS AND FUNERALS

Funerals of up to 30 people permitted. Weddings up to 6 people permitted in exceptional circumstances. Wakes and other linked ceremonial events of up to 6 permitted.

▶ PLACES OF WORSHIP

Places of worship can remain open and communal worship is permitted, but you must not mix with those outside your household or support bubble.

▶ TRAVELLING

You must stay at home. If you do leave home for a very limited set of exemptions, you should stay local in the village, town, or part of the city where you live where possible. Do not travel abroad unless an exemption applies.

▶ CLINICALLY EXTREMELY VULNERABLE

Shielding reintroduced across England. You should not travel to work, school, college or university and should limit the time you spend outside the home. You should only go out for medical appointments, exercise or if it is essential.

▶ CARE HOME VISITS

Visits can take place with arrangements such as substantial screens, visiting pods, or behind windows. Close-contact indoor visits are not allowed. No visits will be permitted in the event of an outbreak but end of life visits are permitted in all circumstances.

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

For more information go to:
gov.uk/coronavirus

Increasing Data allowances on mobile devices to support families.

Schools, trust and local authorities can request mobile data increases for children and young people who:

- Do not have fixed broadband at home
- Cannot afford additional data for their devices
- Are experiencing disruption to their face-to-face education
- Children with access to a mobile phone on one of the following networks might be able to benefit.



Forms have already been sent out to be completed but if you need further information please speak to class teacher or Sally Layton Family Liaison.

Winter Warmer Fuel Vouchers

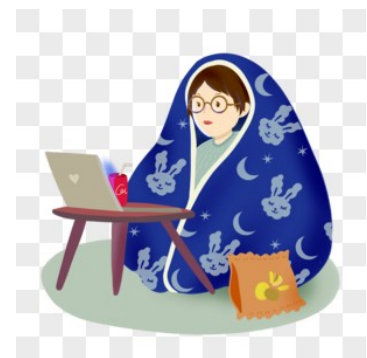
The winter Fuel Vouchers are available for families and households in Worcestershire on pre-payment meters and those paying by direct debit or on receipt of bill or paying direct to the supplier such as LPG or oil. So if you have seen a drop in income from Covid-19 or receive one of the benefits below Apply Now for our Winter Warmer Vouchers.

Apply if in receipt of the following Benefits:

- Income Support
- Income-based jobseeker's Allowance
- Income-related Employment and Support Allowance (ESA)
- Universal Credit

Or if you have a gross annual household income of £30,000 or less:

- Recently been made redundant
- Furloughed, waiting to receive first payment and don't know when this will
- Self-employed and income is unpredictable and/or they are waiting to apply payment from the government
- Any referral from a Food Bank



be
for

Fuel Vouchers are available for gas, electric, oil, LPG and solid fuels.

Email: support@actonenergy.org.uk



We are updating our Facebook page to enable us to get more information out to the right people. If you find it closed down bare with us and we will contact you shortly with details on how and where to Join again.

Useful numbers and websites

Samaritans 116 123 Free or [website here](#) Calm 0800 58 58 58 or [website here](#)

Mind 0300 123033093 text 86463 or [website here](#) Childline 0800 1111 or [Website](#)

Respect—Men's Advice line 0808 801 0327 Victim Support 0808 168 9111

National Domestic Violence Helpline 0800 2000 247

Please remember, there is no shame in using any of these services if you're finding things difficult. We all need a little help sometimes.



6 ways to support Children's mental Health this winter

Get out and about

As the winter sets in and the afternoons grow darker it can be less appealing to head outdoors, but fresh air, natural light and exercise can still be great for our mental health, even in colder weather!

If you're able to, wrap up warm and try encouraging your child to spend a bit of time outside, even if it is only for a little while. A simple change in scenery can help improve your mood - and can also serve as a valuable break from screen time.

Do this as your daily exercise in lockdown.

Stay in Touch

In the winter we spend less time outdoor and with current times its made even harder. Try to find new ways to keep in touch. Zoom meeting, phone calls send photos or short clips to friends. That little interaction may make a difference to someone else as well benefit you. Send a hug, lie down on old wall paper with arms stretched out then draw round. Write a message on it ,roll it up and put on a friends/ family door step.

Be Creative

Being at home for a few weeks over the holidays could be a good opportunity to find a new creative outlet.

Being creative is a great way for children and adults to express their feelings, thoughts or ideas. This could be through art, music, writing and poetry, dance and drama, photography and film, or any activities that make you feel good. We've shared lots of creative activity ideas for families on themes including space, seasons and superheroes.

Keep a diary

If your child is struggling with some difficult feelings, it can sometimes be helpful to write some of their feelings down in a diary, or on their phone.

Encourage them to make a note of things that they find helpful, or things that seem to make them feel worse.

Writing things down can make them easier to process. Try helping your child to break down any problems into manageable chunks, and approach them one step at a time.

Take time to reflect

New Year is a great time to reflect on the past year. This year has been particularly challenging, but it can be comforting to try and find the positives within a difficult time, no matter how small.

It could also be a chance to look forwards and start thinking about the year ahead - what is your child most looking forward to? Is there anything they'd like to achieve next year?

Focus on the things you can control

There may be some important family rituals and routines that will not be possible this year, whether it's visiting extended family and sharing traditional meals, or the annual photo with Santa. Focusing on what might have been and the things that are out of our control can be emotionally draining, so try instead to focus on what you can do to help your child feel excited and positive about the holidays.

Maybe you and your child could decide to have their favourite dinner, and you could all dress up for the occasion. Or organise a movie night where your child picks their favourite movie to watch together. You might even create some new family traditions!

Extra Support

Shout (in partnership with Place2Be) text CONNECT to 85258

Available: free, 24 hours a day More info: giveusashout.org

The Young Minds Parents Helpline, which you can call for free on 0808 802 5544 (9.30am-4pm, Monday-Friday, UK).

Samaritans Call 116 123

