



Do you know your Safeguarding team?

Please speak to the office to arrange a meeting with a member of our team.



The Safeguarding Team are here to help in any way we can. Please come and see us if you need any support.

Thank you to all our families for all your support during these changes as we welcomed in 2021.

We are so proud of all our children and families, those in school and all those learning online, for their resilience and excellent efforts in changing their way of learning. Thank you for engaging with our phone calls and messages on class dojo.

We would like to remind you that we are here to support in any way we can so please get in touch. If you need support during half term please see useful contacts below.

With the many changes to daily life and responsibilities you are trying to manage, creating a new routine can help keep things feeling "normal".

All the worry and disruption from coronavirus means that many children are having particular trouble sleeping. This doesn't just affect the children - it will quickly affect adults too. There are things you can do to help your children sleep.

Help your children get healthy sleep with love, nurture, and a good routine. Making sure you maintain a healthy routine will help your child's body clock naturally adjust and sleep well.

Tips to help your children sleep well

- What really helps is a steady routine - maintain your usual bedtime routine for your children, or if you haven't had one before, now is a good time to introduce one.
- Find something other than screens, for the couple of hours before bed.
- Give them a warm (not hot) bath and maybe a warm drink.
- Make their room a calm and peaceful environment (as much as possible). Try to make it a screen-free zone.
- Dim the lights.
- Read a story or listen to calm music.
- Taking a moment to do a gentle breathing exercise can also help, if sleep is a struggle.
- As much as you can, encourage your children to avoid high fat, sugary foods.
- Make sure they take daily exercise and gets some fresh air.
- Encourage your child to talk about the things that are worrying them. Talking is often the most important way we can support each other.



How much sleep does my child need?

Below are the approximate hours of sleep needed by children of different ages (information taken from the NHS website)

Children 3 to 5 years old - 10 to 13 hours including naps

Children 6 to 12 years old 9 to 12 hours

Teenagers 13 to 18 years old 8 to 10 hours

MY ★ BEDTIME ★ ROUTINE

	TAKE A BATH
	PUT ON PAJAMAS
	COMB HAIR
	BRUSH TEETH
	READ A BOOK
	GO TO BED

Staying safe online advice from NSPCC

With children using new apps to communicate during the pandemic, it's important that parents and carers continue to have regular conversations with children about what they are doing online and what social networks, apps and games they are using. They should listen to any worries or anxieties their children may have and let them know they can always come to them about anything.

We've updated our information on the NSPCC website about talking to your child about online safety to include information about coronavirus. It has advice for parents on:

- screen time
- livestreaming and video apps
- and social media safety.

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



Useful contacts:

Parental controls support for TikTok:

<https://swgfl.org.uk/magazine/tiktok-update-parental-controls-with-family-pairing-feature/>

Mental health support for young people:

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

<https://www.childline.org.uk/toolbox/calm-zone/>

Support for families in Birmingham (housing, mental health, finances and lots more):

<https://the-waitingroom.org/>

Children's support services: 0121 303 1888

<https://www.oasisacademywoodview.org/academy-life/safeguarding/parents-and-carers>

Oasis help line 02079214200

<https://www.barnardos.org.uk/what-we-do/helping-families>

Financial support -Universal Credit: Whether you are currently in or out of work, if you are on a low income and affected by the economic impacts of COVID-19, you will be able to access the full range of the welfare system, including universal credits, please go to www.birmingham.gov.uk for further information.

Food support: If you need any additional food support during the holidays, visit: <https://gasstreet.church/loveyourneighbour> and request a call back. They are able to provide weekly emergency food parcels for you and your household for 3 weeks.

Mental health support: Young Minds has a Crisis Messenger service which provides free, 24/7 crisis support across the UK for young people. They can access the text-message based service by texting YM to 85258.

Domestic abuse support: 0121 303 0368, 0121 685 8687

Crisis mental health team: 0300 300 0099