



## Week 2!!

Well, it has again been a busy week, but beginning to feel a little more relaxed in the school building as we become more confident and comfortable about delivering the online learning to those at home, alongside those in school.

We're here  
for you.

We have already held many online class forums for parents and have received some very useful feedback, thank you. We have already put in place some of your recommendations to help the process for you, as parents, to support your children at home. I am very grateful to you all for your hard work and support for your children and the staff. I hope you are feeling that the online learning is beginning to be less stressful!

The vast majority of pupils are engaging regularly and uploading work and we hope that this continues to ensure your children keep learning and participating, so that when we return to school the children are well equipped to continue to make progress. Well done to you all, keep going, you've got this!

Mrs Munday  
Headteacher

keep  
going  
you've  
got this

## Well-being

The following online resource, Zumos, has been designed for adults or for adults to use with children to support feelings of stress, worry, anxiety and fear during these concerning times. The resource is currently free to use and does not require registration or log-in and has the aim of supporting overall mental well-being.

Zumos is an online resource which will be providing daily videos and audios to support mental well-being over a seventy-day period. The programme is divided into steps: 'the daily well-being programme', 'how to be happy' and 'me time'.

Please access the following link if you feel that it might provide support at this challenging time.

<https://www.zumos.co.uk/Wellbeing.aspx>



## **Learning Resources**

If you are struggling with any resources for online learning, please contact your child's class teacher so that we can try to support you.



## **Free School Meal Entitlement and Provision**

We understand that families continue to live in uncertain times and many are facing changes to their financial circumstances as a result.

If you have not previously applied for Free School Meals, or your name has recently changed and you now feel you may be eligible, please visit: [www.cambridgeshire.gov.uk/freeschoolmeals](http://www.cambridgeshire.gov.uk/freeschoolmeals) to see if you meet the criteria and to apply online. If you have any queries in relation to free school meals entitlement please contact the Education Welfare Benefits Team on [ewb.fsm@cambridgeshire.gov.uk](mailto:ewb.fsm@cambridgeshire.gov.uk) or telephone them on 01223 703200

If you are currently in receipt of free school meals and now have your children to educate at home, we are currently providing weekly food boxes. You will have received an email with regard to this. If you have not received this email, please get in contact with the school office.

## **Make it a Happier New Year for Children and Young People in Care**

2020 has been a difficult year for us all, but even more so for the children and young people who go in to 2021 without a stable home and loving family. This New Year we are looking for people who are determined, energetic and caring, to become foster carers.

Fostering with Cambridgeshire County or Peterborough City Councils means you are fostering with a local authority that truly cares about you and our children. We offer comprehensive training courses both before and during your fostering adventure with us. We also allocate a social worker who will support you and we also provide a 24/7 helpline so you will never feel alone!

Remember if you are a Cambridgeshire County Council or Peterborough City Council employee and undergoing an assessment as a foster carer for either council, (with agreement from your line manager), you are entitled to additional annual leave of up to 5 days to attend training courses.

So whether you are single, married, retired, working or a full time parent to a birth child YOU CAN FOSTER! Make this a happier New Year for our children and young people.

To find out more, call 0800 052 0078, text FOSTERING to 60777, email [fostering@cambridgeshire.gov.uk](mailto:fostering@cambridgeshire.gov.uk) or visit [www.cambridgeshire.gov.uk/fostering](http://www.cambridgeshire.gov.uk/fostering)

11<sup>th</sup> January 2021

Dear Parent/Carer

As you know on Monday 4 January, the Prime Minister announced a national lockdown in order to reduce the spread of COVID-19, which has now come into effect. Full details of the lockdown restrictions can be found at [www.gov.uk/guidance/national-lockdown-stay-at-home](https://www.gov.uk/guidance/national-lockdown-stay-at-home).

We are all committed to doing our best for our children and young people during this pandemic. We aim to create a fair, equitable and high-quality offer, whilst enabling ongoing safety for all. In order to achieve this, we have worked closely with School and Setting leaders, Family Voice and Pinpoint, our Parent Carer Forums, Local Authority services, the Clinical Commissioning Group, SENDIASS and the Department for Education. There is an ongoing challenge when we try to provide any advice or guidance that meets everyone's needs. We have tried to "stand in each other's shoes" to understand the challenges families, schools and professionals face during this pandemic and all agree that we have to put children and young people's needs first.

All children and young people on roll at schools or settings who have an Education, Health and Care plan are defined as eligible to attend onsite, along with children and young people with additional needs (and without an EHCP) at the discretion of the head teacher according to the Department for Education criteria. However, this places significant pressure on our schools and settings, who have a legal duty to keep children and staff **safe**. It is important to acknowledge that the pandemic has moved into a phase where COVID19 is more easily transmissible. Therefore, we need a community response that keeps everybody safe.

We have asked schools to work with parent/carers to identify the best way of meeting children and young people's needs *as best they can*, whether this is face to face, remote learning or a blended offer.

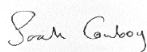
We have been working with schools to help them to think about how they might best support the most vulnerable within their communities. We have emphasised that decisions will need to be reviewed on a regular basis, as the national and local picture develops. Schools have been encouraged to communicate directly with families to identify any individual circumstances or needs that might have to be considered when making or reviewing an offer. Schools have been asked to contact you in the first instance to agree any decision. Please do feel able to contact your school directly, if you have a concern or you have not yet heard from your school.

Transport arrangements continue to be in place and can be accessed as usual; each school will ensure that transport providers have accurate up-to-date information on which children are attending.

The current guidance advises that children and young people who are deemed clinically extremely vulnerable should not attend their school setting and should remain at home as much as possible. If your child is clinically extremely vulnerable please liaise with your school who will continue to support you. If your situation changes or you have concerns about your child's well-being then please contact your child's school. Any queries regarding your child's attendance should be raised with your school in the first instance.

Thank you for your continued support; together we all play our part to protect ourselves, those around us, and the NHS.

Yours sincerely


Robert Wilson

Toni Bailey  
AD SEND & Inclusion

Sarah Conboy  
Pinpoint

Louise Ravencroft  
Family Voice

Robert Wilson  
SENDIASS



# MENTAL

# HEALTH SUPPORT SERVICES

For  
Young People

## Centre 33

Whatsapp:

**07514 783745**

Call

**0333 41410808**

help@centre33.org.uk

**13-25yrs**



## Young Minds

Young People text:

**YM to 85258**

Parents helpline:

08088025544



## Samaritans

Call for Free

**116 123**

Whatever you are going through, call anytime



## YPCS

Call: **0800 634 4395**

Admin@ypcs.uk



Online Chat

**11-18yrs**

## Kooth

Online Chat:

Mon – Fri: **12-10pm**

Sat & Sun: **6-10pm**

**11-18yrs**



## The Mix

Crisis Messenger:

text **THEMIX** to **85258**

Call

**0808 8084 994**



## ChildLine

Chat boards,  
1-2-1 Support,

Call: **0800 1111**

**Under 19yrs**



## CALM

Call

**0800 58 58 58**

A helpline for people who  
need to talk or find support



**9am- midnight every  
day of the year**

## ChatHealth Cams & Phoro

Text

**07480 635 443**

**Ages 11-19**



## ClearFear

Anxiety  
Support App

**11-19yrs**

## Calm Harm

Self Harm

**13yrs +**

Support App



## The Kite Trust

LGBTQ+ Support

**01223 369508**

info@thekitetrust.org.uk



**Under 25yrs**

## Papyrus

Suicide Helpline

**0800 068 4141**

**Under 35yrs**



**9am- midnight  
every day of the  
year**

youthispired\_peterborough  
Youth Inspired  
Youth Inspired\_P  
youthispired@pcvs.co.uk



Follow Youth  
Inspired  
for useful

information &  
'Whats On'  
guides for young  
people in  
Peterborough