



Edmund Waller
Primary School

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PARENT PACK

Supporting your child's wellbeing

Dear Parents and Carers,

During this difficult time I wanted to reach out to let you know that, even though our school is currently closed to all but a few children, we're still here to support your child and your family in whatever way we can.

You might be noticing signs of increasing anxiety in your child as they're spending more time indoors and outside of their normal routines. These might include:

- > Regressing to behaviour they've outgrown, such as thumb-sucking or bed-wetting
- > Showing greater fear at being separated from you
- > Tantrums
- > Trouble sleeping
- > Expressing sadness, anger or fear
- > Sharing false information that they're hearing from their peers or seeing online
- > Wanting to talk about coronavirus all the time
- > Not wanting to talk about the current situation at all
- > Having trouble concentrating

We've put together some resources to help you support your child. We hope you find this information helpful.

If you have any concerns about how your child is coping or you need any other support from the school, please let us know by either calling between 9am-3:30pm or emailing office@edmundwaller.lewisham.sch.uk.

We're extremely grateful for all the support you've shown us as we've adapted to these new circumstances, and we want to reassure you that we are still here to support you too.

We can and will get through this together.

Kind regards,

Sue Greenbank
Assistant Headteacher

*At Edmund Waller we are committed to safeguarding and promoting the welfare of children.
We expect all staff, parents, visitors and volunteers to share this commitment.*

Take care of yourself

It's really important right now to take care of your own physical and mental health. Children are very perceptive, and they react to what they sense from the adults around them.

Here are some things you can do to help keep yourself healthy:

- **Connect with others** – maintain relationships with people you care about through phone and video calls
- **Exercise** – take some time every day to move. You could go for a walk or run. You'll also find lots of fitness videos online for everything from yoga to dance. If you're indoors exercising – open the windows. Find something you enjoy and that makes you feel good
- **Eat healthy meals** – try to keep a well-balanced diet and drink enough water
- **Get some sleep** – being anxious or worried can have a big impact on your sleep. If you're struggling to get a good night's sleep, try to develop a calming bedtime routine – for example, do 10 minutes of yoga or listen to calming music. There are also apps you can download that provide guided meditation to help you get to sleep more quickly
- **Turn off the news** – it's important to keep up to date, but the 24-hour news cycle can make you more anxious. Limit your exposure to the news to only a small amount of time, just enough to know what the latest government guidance is or just listen to the headlines
- **Do things you enjoy** – now that we're all spending more time at home, we can finally take up that hobby we've always meant to learn. Try baking or gardening or learning to knit. These are also great activities we can share with our children
- **Set goals** – it's easy to lose track of the days in our current situation, so it can be helpful to set daily and weekly goals to give us a sense of control and purpose. Examples might be setting a goal of walking for half an hour at least 3 times this week or reading a new book
- **Connect with the outdoors** – depending on where you live, it may not be possible to spend time outside. If you don't have a garden or terrace, you can still open a window to let some fresh air and sunlight in. Put a comfortable chair by the window so you can look outside and get some air as you read a book
- **Talk to someone** – during this difficult time, sharing with family and friends how you're feeling and what you're doing to cope can be helpful for both you and them. There are also helplines you can call for support – we've included a list at the end of this pack

How to talk to your child about what's happening

No matter how calmly you manage the current environment, children might be anxious, so it's important to talk to them about what's happening.

For younger children

Children pick up bits of information from their friends, from the news and from listening to adults talking around them – but they can misunderstand what they're hearing.

- **Deal with the news head-on and talk about it openly and calmly, giving them the facts**
 - Give them age-appropriate information – take a look at:
 - [BBC Newsround hub](#) – regularly updated with information and advice
 - [#covibook](#) – for under 7s
 - [Children's guide to coronavirus](#) – a download from the Children's Commissioner to help explain the situation to children
 - Teach them how to know if information they find on the internet is reliable. Explain how some stories on social media may be based on rumours or inaccurate information
 - Encourage them to take breaks from listening to or reading the news – overexposure isn't helpful
- **Encourage questions**
 - This will give them the confidence to reach out, if they have anything to ask
 - Be reassuring but honest when answering questions – it's ok if you don't have all the answers
 - Be ready to answer the same question over and over – children tend to repeat themselves when they're feeling uncertain or worried, so you might have to answer the same questions more than once as they seek extra reassurance

> Be a role model

- Recognise and manage your own worries first
- Be open about your own feelings in a superficial way, children don't need to know everything – it can make them more anxious. Let them know it's normal to be concerned – for example, let them know you're also finding the news a bit worrying and what you're doing to stay calm

> Explain how our body's immune system protects us

- It's constantly working against germs without us knowing. We can't and don't need to control this process
- Explain that we're taking precautions against this particular germ because it's a new one which our bodies haven't come across before
- Remind them how important it is that they eat healthy food, sleep and exercise, as this helps to fight germs
- If it helps, reassure them that the effects of this virus on healthy young people are very mild

> Keep doing your bit to help children reduce the spread of germs

- Remind them to maintain good hygiene like bathing daily and wearing fresh clothes
- Encourage them to sing 'Bingo' twice when they're washing their hands

For older children

Older children will have the same anxieties about their own health and that of their family and friends as younger children. But they're also likely to feel socially isolated, and worried about the result of school closures on their education and what life will be like after the pandemic is over.

In addition to the steps above:

- > **Reassure them** that when more guidance comes from the school about how grades will be awarded, you'll share this with them as soon as you have it – you could also check that they understand the information you've received so far, in case there are any points of confusion or worry that the school could help to clarify
- > **Encourage them to maintain social ties** – relationships are especially important for older children, so give them room to keep in touch with their friends
- > **Equip them with accurate information** – for example:
 - [Mythbusters](#) from the World Health Organization
 - [Data visualisation pack](#) from Information is Beautiful (regularly updated)
- > **Share tools to help them manage anxiety**
 - YoungMinds: [practical steps to take if you're anxious about coronavirus](#)
 - Mind: [how to take care of your wellbeing when staying home](#)

If your child struggles with higher levels of anxiety

Some children are naturally more anxious, such as those with existing phobias or obsessive-compulsive disorders. The current situation can make those anxieties worse.

- > Get them to do activities such as counting, ordering and sorting tasks which can help them calm down
- > Encourage them to use relaxation techniques such as controlled breathing
- > Look out for obsessive or compulsive behaviours and try to get ahead of them early by challenging unhelpful thoughts and assumptions
- > If you're worried about your child's anxiety, **YoungMinds** is a charity dedicated to children's mental health. They've opened a [parents' helpline](#) for confidential, expert advice. You can reach them at 0808 802 5544

Helplines and websites for children and young people

If your child would like to speak with someone confidentially, there are helplines and websites specifically for them.

ORGANISATION	CONTACT INFORMATION
Shout Free, confidential support via text, available 24/7	Text SHOUT to 85258 in the UK to text with a trained crisis volunteer who'll provide active listening and collaborative problem-solving
The Mix Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem	<ul style="list-style-type: none">• Call 0808 808 4994 for free (11am to 11pm daily)• Access the online community• Email The Mix
ChildLine Confidential telephone counselling service for any child with a problem	<ul style="list-style-type: none">• Call 0800 1111 any time for free• Have an online chat with a counsellor (9am to midnight daily)• Check out the message boards

How to make home learning work for your family

We're realistic about what pupils will be able to do during this period, and we want you to be too.

You're not expected to become teachers and your children aren't expected to learn as they do in school. Simply providing them with some structure at home will help them to adapt.

The following tips are designed to help you create a positive learning environment at home. See what works best for your household.

- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
- **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership
- **Check in with your children and try to keep to the timetable, but be flexible.** If a task/activity is going well or they want more time, let it extend where possible
- If you have more than 1 child at home, **consider combining their timetables.** For example, they might exercise and do maths together – see what works for your household
- **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over
- **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
- **Take stock at the end of each week.** What's working and what isn't? Ask your children, involve them too
- **Distinguish between weekdays and weekends**, to separate school life and home life
- **Give them jobs** to do so they feel more responsible about the daily routine at home
- Ask them to **help you lay the table, wash up or load the dishwasher, cook and bake**
- Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits. Limit screen time of T.V. - The National Institute for Health Care and Excellence recommends no more than 2 hours a day of TV and screen time for all.

Please don't worry about your children getting behind with learning. Everyone's in the same boat, and when things get back to normal we'll make sure we get everyone back on track.

Where to find learning resources online

There's plenty of support for parents online for everything from tools for home learning to PE:

ORGANISATION	CONTACT INFORMATION
<p>BBC Bitesize</p> <p>Online resource for learning and revision. Starting on 20 April, you'll also find daily lessons to support home learning</p>	<p>Website: https://www.bbc.co.uk/bitesize</p>
<p>GoNoodle</p> <p>Movement and mindfulness videos for primary children</p>	<p>Website: https://www.gonoodle.com/</p>
<p>English National Ballet</p> <p>Free ballet classes streamed daily</p>	<p>Website: https://www.youtube.com/user/enballet</p>
<p>Doodle Maths</p> <p>Pupils have their own log in and passwords Reception – Year 6</p>	<p>Website: https://www.doodlemaths.com/</p>
<p>Bug Club Reading</p> <p>Pupils have their own log in and passwords Reception – Year 3</p>	<p>Website: https://www.activelearnprimary.co.uk/</p>
<p>Department for Education</p> <p>The DfE have brought together a list of online educational resources to help children to learn at home.</p> <p>These websites have been identified by some of the country's leading educational experts and offer a wide range of support and resources for pupils of all ages.</p> <p>This includes games and APP suggestions for SEND pupils.</p>	<p>A list of online resources for home education. To access the DfE's resources, click here.</p>
<p>Where can I go to get support to help keep my child safe online?</p> <p>There is support available to keep your child safe online. You can access further information on keeping children safe online.</p> <p>There are many suggested resources from the DfE on their website– What parents and carers need to know about schools, colleges and other education settings during the coronavirus outbreak.</p> <p>Click here to view the guidance.</p>	<p>Here are some useful links to help parents and carers.</p> <ul style="list-style-type: none"> • Thinkuknow provides advice from the National Crime Agency (NCA) to stay safe online • to help families manage during this time, the NCA has launched Thinkuknow: home activity packs, a set of fun, engaging activities based on Thinkuknow cartoons, films, games, and advice articles • a new activity sheet for each age group will be published on the Thinkuknow website every 2 weeks while schools are closed - these activities offer a great opportunity to help you keep up positive, supportive conversations about online safety in your home

ORGANISATION	CONTACT INFORMATION
	<ul style="list-style-type: none"> • Parent Info is a collaboration between Parentzone and the NCA providing support and guidance for parents from leading experts and organisations • Childnet provides a tool kit to support parents and carers of children of any age to start discussions about their online life, to set boundaries around online behaviour and technology use, and to find out where to get more help and support • Internet Matters provides age-specific online safety checklists, guides on how to set parental controls on a range of devices and a host of practical tips to help children get the most out of their digital world • LGfL provides support for parents and carers to keep their children safe online, including 6 top tips to keep primary aged children safe online • Net Aware provides support for parents and carers from the NSPCC, providing a guide to social networks, apps and games • Let's Talk About It provides support for parents and carers to keep children safe from online radicalisation • UK Safer Internet Centre provides tips, advice, guides and resources to help keep children safe online, including parental controls offered by home internet providers and safety tools on social networks and other online services • staying safe online provides government guidance offering advice on parental controls, fact-checking information, communicating with family and friends while social distancing is in place and taking regular breaks

Where to turn to for help

It's okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:

Mental health

ORGANISATION	CONTACT INFORMATION
<p>Mental Health Foundation</p> <p>Provides information and support for anyone with mental health problems or learning disabilities</p>	<p>Website: www.mentalhealth.org.uk</p>
<p>Mind</p> <p>A mental health charity</p>	<p>Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)</p> <p>Website: www.mind.org.uk</p>
<p>PAPYRUS</p> <p>Youth suicide prevention society</p>	<p>Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays)</p> <p>Website: www.papyrus-uk.org</p>

ORGANISATION	CONTACT INFORMATION
<p>Samaritans</p> <p>Confidential support for people experiencing feelings of distress or despair</p>	<p>Phone: 116 123 (free 24-hour helpline)</p> <p>Website: www.samaritans.org.uk</p>
<p>SANE</p> <p>Emotional support, information and guidance for people affected by mental illness, their families and carers</p>	<p>Website: www.sane.org.uk/support</p>
<p>YoungMinds</p> <p>A charity dedicated to children's mental health</p>	<p>Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)</p> <p>Website: www.youngminds.org.uk</p>
<p>Cruse Bereavement Care</p> <p>Support for grief and bereavement</p>	<p>Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm)</p> <p>Website: www.cruse.org.uk</p>
<p>Be Your Best Version</p> <p>A booklet containing different coping strategies for children of Key Workers who are feeling anxious about their parents working during the pandemic.</p>	<p>The booklet is aimed at children 9+ to teens and is available for free from the website www.beyourbestversion.co.uk/resources</p>
<p>Childline</p> <p>Childline have created a new webpage with information for children and young people about coronavirus.</p>	<p>The page includes information about: what coronavirus is; where children and young people can find help if they are worried; coping if they are staying at home; and what to do if they are feeling unwell.</p> <p>The webpage can be found here.</p>
<p>Mindheart</p> <p>Mindheart have published a short book to support and reassure children under the age of 7 about coronavirus.</p>	<p>Covibook is available to download in 21 languages and can be found here.</p>
<p>NSPCC</p> <p>The NSPCC have created a new webpage with information and advice for parents and carers who are worried a child or young person may be struggling with their mental health or has anxiety about coronavirus.</p>	<p>The webpage includes information on: talking about feelings and worries; keeping in touch and balancing screen time; ways to create structure and routine; and helping to give children a sense of control.</p> <p>Read the information and advice here</p>
<p>Emerging Minds</p> <p>Emerging Minds have published evidence-based advice for parents and carers supporting children and young people with worries about coronavirus. A resource list from trusted sources is available which includes links grouped by age category and resources for children and young people with specific needs. Emerging Minds has also shared a podcast from a recent webinar on supporting children and young people with their worries and anxiety.</p>	<p>Read the advice, find the resources and listen to the podcast in those links.</p>

Domestic violence

ORGANISATION	CONTACT INFORMATION
NSPCC Child protection charity	Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline) 0800 1111 for children (ChildLine's 24-hour helpline) Website: www.nspcc.org.uk
Refuge Advice on dealing with domestic violence	Phone: 0808 2000 247 (24-hour helpline) Website: www.refuge.org.uk

Community support

ORGANISATION	CONTACT INFORMATION
Lewisham Food Bank	Website: https://lewisham.foodbank.org.uk/ 07938 071 854 0207 231 0535
Red Cross – Acts of Kindness	https://www.redcross.org.uk/get-involved/teaching-resources/kindness-calendar
My Home Book of Feelings and Thoughts This booklet has been made for you to help you to talk about and share how you are feeling. Change can make us feel worried and being at home instead of school is a big change!	If you would like a digital PDF copy – please contact me via the school at office@edmundwaller.lewisham.sch.uk
Lewisham Council – Financial Help If you are finding the financial strain of the lock down a challenge, you may qualify for support from Lewisham Council.	Click here to visit Lewisham Council's financial help page.