

Frettenham Primary School
Hainford Primary School
Horsford Primary School
Old Catton Junior School
White Woman Lane School
St. Faiths' Primary School



Nebula
where stars are born

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Dear Parents/Carers

COVID-19 Update



A message seen on Twitter that sums up exactly what I would like to say to you all;



Dear Parents

Don't stress about schoolwork. When your children return to school, I will get them back on track. I am a teacher and that is my superpower. What I can't fix is social-emotional trauma that prevents the brain from learning. So right now, I just need you to share your calm, share your strength, and share your laughter with your children.

No children are ahead. No children are behind. Your children are exactly where they need to be to support the NHS and save lives.

With our love,

All the teachers in the world.

Home Learning Update:

Following my last letter informing you about the launch of **Bitesize Daily**, which launched on Monday April 20th to support parents and children learning at home over the next 14 weeks, the DfE then also announced an additional resource to support home learning with the creation of a new online classroom and resource hub called **OAK National Academy**.

You can find them here: <https://www.thenational.academy/>

As a reminder, the BBC bitesize home learning programmes are available here :
<https://www.bbc.co.uk/bitesize/articles/zn9447h>

When it became apparent that schools might be closed for some time the leadership team considered many different options as to how we could best support all our pupils. Our professional decision was that we should provide work in line with our curriculum using and signpost to other available resources. We will continue to provide learning resources from our schools in line with our curriculum and you will also have

these online resources to choose from should you wish to. Staff may also signpost you to specific units of work on these sites to support our curriculum.

I know we are giving you a significant amount of information about resources that you can use with your children. I also know, that where this will be too much for some of you, it will not be enough for others. Likewise, the approach we have taken to support home learning will suit some of you but not everyone.

Please remember - we do understand how difficult it is to try to educate your children and work from home, many of our teachers are doing exactly that. For this reason we have always stressed, and continue to do so, that you can only do your best. Paramount is the emotional wellbeing of the whole family.

When children come back to school we know that there will be differences in their learning experiences and it will be our job to address the gaps and imbalances, we are already working on how we are going to do this.

Meanwhile, please simply do **what you can**. Use BBC Bitesize and The OAK National Academy resources to help you. Many of them are visual and really accessible; your child should be able to work independently with them for short periods.

Reading continues to be the most important activity. If in doubt about what your child should do next? Reading is the answer. I have attached a document from the Education Endowment Foundation '7 top tips to support reading at home' that I hope you will find useful.

Online Safety

On our school websites we have put some additional information (including links to the relevant sites) that you might find useful to support you to keep your children safe online. This includes;

- Internet matters - for support for parents and carers to keep their children safe online
- London Grid for Learning - for support for parents and carers to keep their children safe online
- Net-aware - for support for parents and carers from the NSPCC
- Parent info - for support for parents and carers to keep their children safe online
- UK Safer Internet Centre - advice for parents and carers
- Thinkuknow - for advice from the National Crime Agency to stay safe online

The link below takes you to an online learning platform for parents to complete some online safety course with their children. They are age group specific and cover Early Years up to Secondary school. They take about 15 mins and give lots of great advice.

https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK_ONLINE_SAFETY_AT_HOME_24_03_20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-63979269

Need Help?

We understand that this is an incredibly challenging time, emotionally and financially for many. Norfolk County Council has launched the second phase of their county-wide safeguarding campaign, focusing on a new phone line and extended text service for children and young people. Building on the success of the public campaign **See Something, Hear Something, Say Something**, they are now reaching out to young people via social media to highlight how they can ask for help. They have created a new phone number **0344 800 8029** which will be manned by children's social workers at Norfolk County Council with extensive training and experience of working with children. The Healthy Child Programme's Chat Health service has also been extended to become a safety line, which can be reached on **07480 635060**. Children and young people will be able to contact the services if they are scared, or if they are worried about their friends or other young people.

If you think you may be eligible for a free school meal, you can apply online using the following link

<https://fiso.norfolk.gov.uk/synergy/Enquiries/Citizen/FreeSchoolMeals.aspx/>

If you are eligible, we can order free school meal vouchers for you, £15 per child per week.

We are continuing to support all of our families in as many ways as we possibly can. If you are struggling with things such as accessing essential food items then please do let us know and we will try our best to support you if we are able to. Please contact our Pastoral Manager, Natalie Brown, directly by email or text:

pastoralmanager@nebula.norfolk.sch.uk

Or Text: 07748 255679

Contact: For any other questions or support, please email your child's school office. These email accounts are checked daily and someone will get in touch with you.

Mental Well-being

The Norfolk and Suffolk NHS Foundation Trust (NSFT) has set up a 24/7 helpline offering immediate support for mental health difficulties during the coronavirus pandemic.

The freephone number **0808 1963494**, which is staffed by mental health professionals from the Trust, will provide reassurance, self-help advice, support and signposting. It is available to members of the public of any ages regardless of whether they are an existing NSFT service user.

Mentally Healthy Schools have produced an extremely useful document which includes links to a variety of resources that can be used to ensure pupil mental health and wellbeing is being maintained during this uncertain time. The document can be by accessing this link:

<https://www.mentallyhealthyschools.org.uk/media/2008/coronavirus-mental-health-and-wellbeing-toolkit-3.pdf>

Public Health England has also published some guidance:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Stay safe and stay kind,



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The Nebula Federation

