



MALCOLM SARGENT PRIMARY SCHOOL

Love To Learn

17 July 2020

Dear Parents

SUMMER HOLIDAYS

The summer holidays look different for every family but for most, we look forward to at least a little time to relax and spend time with our children without the hustle and bustle of busy school life. However, many of us will have just had, or still be experiencing extended periods of time with our children at home due to the Covid-19 pandemic, and, in some cases, this could make the next six weeks a daunting prospect.

Wellbeing

Please remember the importance of trying to build the NHS 5 ways to Wellbeing into your days to keep both yourselves and your children mentally healthy. Connecting with people safely, trying new things, being kind, keeping active, getting outside and taking notice are all so important in feeling happy and calm, which can be even more important when days become less structured over the summer.

Signposting from the Pastoral Team

All families have ups and downs and need help from time to time. Our Pastoral Team take great pride in their role supporting families and children in school to ensure they feel happy, safe and ready to learn. The Pastoral Team has played a huge part through the Covid-19 crisis, in some instances speaking with families daily who have needed extra help. Whilst the school is closed over summer, Mrs Sturgess, Mrs Reid and Mrs Buck have put together a list of useful support contacts that families may find useful.

Keeping yourself and your children safe

Within the daily Coronavirus updates from Gov.uk, much information has been included on the safety of families and children during lockdown. Personal circumstances at home have been intensified for many, with enforced close contact, no time away from home and increased feelings of anxiety and concerns over safety. The recent release of 'Advice to parents and carers on keeping children safe from abuse and harm' includes helpful information and signposting regarding:

- Protecting children from sexual abuse
- Child sexual abuse and exploitation
- Crime, criminal exploitation and County Lines, violence and gangs
- Protecting children from radicalisation
- Online child safety
- Mental health

For more detailed information, please access the document at the link below:

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-from-abuse-and-harm/advice-to-parents-and-carers-on-keeping-children-safe-from-abuse-and-harm>.

Have a safe and happy holiday

We hope that you have a happy, safe and restful summer break but also, that you will reach out for support using the information provided if at any time you feel that you need some help. Remember, we are all in this together and it is OK not to be OK.

With our very best wishes.

Yours sincerely

Mrs Tina Cox , Mrs Sturgess, Mrs Reid and Mrs Buck
Vice Principal and SENCO and Pastoral Team

Useful Contacts

Urgent or Safeguarding Concerns

If you feel that your child is in immediate danger, call the police on 999. You can report concerns to the police on their non-emergency number, 101

You can contact the Lincolnshire Children's Services to report a concern about a child or adult on 01522 782111

NSPCC can be contacted on 0808 800 5000 regarding a wide range of concerns including:

All forms of domestic abuse and violence

Criminal exploitation and gangs

General child safety

How to support children struggling with Mental Health

Sexualised behaviour

Information on coronavirus, abuse, neglect, and vulnerable children.

National Domestic Abuse Helpline on 0808 2000 247 Samaritans – Phone 116 123

Parenting Support

Early Help Team - provide extra support to families and skills in parenting

tacadmin@lincolnshire.gov.uk

See, Hear, Response is an innovative new national programme with Barnardo's which works with vulnerable families who need support, in particular due to the impact of Covid-19, but are not currently supported by any statutory agencies

Family Lives Helpline 0800 800 2222 www.familylives.org.uk

Stamford Children's centre 01780 764072

Medical and/or Mental Health Support

Stamford Health Visiting Team 01522 843000

Lakeside Health Care 01780 437017 www.lakesidehealthcarestamford.co.uk

Steps2Change for mental health support www.lpftnhs.uk/steps2change/home

Mental health crisis team 0800 001 4331 available 24/7

Addiction Support

We Are With You (formerly Addaction) 01476 512950 www.wearewithyou.org.uk

Support with Food

Stamford Foodbank www.stamfordoundle.foodbank.org.uk 07570583799,

vouchers can be obtained from G.P, health visitor, social worker, early help worker, citizens advice and children's centre

Second Helpings - for free or 'pay-as-you-feel' food. Food Bunker is currently being run from the church hall at Trinity (Barn Hill) Methodist Church, 01780 757439, Tuesday 10.30 - 12.30, Wednesday 1-4pm, Thursday 1-3pm, Friday 1-3pm & 5-7pm, Saturday 12.30 - 2pm)