

# Godshill Primary School

Telephone: 01983 840246

Email: [godshill@stenburyfederation.co.uk](mailto:godshill@stenburyfederation.co.uk)

Website: [www.godshillprimaryschool.co.uk](http://www.godshillprimaryschool.co.uk)

<https://www.facebook.com/godshillprimary.co.uk/>

<https://twitter.com/GodshillPrimary>

<https://www.instagram.com/gods.hillprimary/>

Newsletter 24 1st May 2020



Dear Parents and Carers,

I hope you and your loved ones are all keeping well. It is May already! I can't believe that we are nearing four weeks of doing school work at home and with the Easter holidays in there as well, it feels like it has been a lifetime since seeing the children. I also feel that this could be putting a strain on you too. I want to reassure you that you are not alone. To help and support you, teachers will be phoning home at intervals to check in with you and see how things are going. I know that some of you have spoken already.

As well as this, we will be opening up further communication channels through an online platform called Tapestry. Preschool and Reception use Tapestry as an online learning journal, which is personal to each child. Those of you that were in Reception at Godshill may remember it from when your children were in Reception. An email will be coming through to you in the near future asking you to activate your account. If you already have an account for a younger child, you will have your older children added onto this account rather than receive an email. You can choose which child to link the upload to when adding a message. Please do this. Once open, you will be able to upload any work the children have done, any activities and fun things your child has been getting up to and can send messages. These accounts are private and are linked to your class teacher. If you do not receive this by the end of next week, please contact the office so we can solve any problems that may have occurred.

With it being four weeks of home schooling and the work, that we are adding to the website, all being done in one book, I am sure that these books are becoming quite full. We do have more books at school so if you need one, please give the school a ring and we can organise for you to come and collect a new one.

In these difficult times, many people's circumstances have changed and may have caused financial pressures. If you feel that you may qualify for extra support you can apply online for support with free school meals by following this link: <https://www.iow.gov.uk/Council/OtherServices/Free-School-Meals/Tasks> There is also a link on our website page to the form, you will find this under the purple "Link" button.

As much as I know it is good for the ground to have the rain, it can put a dampener on getting our daily exercise and we have had a fair bit this week. Please do try to still get out for your daily walks even if it is raining. I know it doesn't feel as enticing, but pop on your wellies, waterproofs and go and have some fun splashing, jumping in the puddles and tracking the trails of water as they flow downhill. It is really good for the soul.

My warmest regards

Mrs Tombleson

We have been sent some useful ideas and tips from Barnardo's which we think may be quite helpful or of interest to you during this period.

## 1 COVID-19 PARENTING One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School closures is also a chance to make better relationships with our children and teenagers. Spend the time in this well-led, 15-minute checklist and activity, and show them that they are important.

### Set aside time to spend with each child

Try to be for just 20 minutes or longer - it's up to you, it can be at the same time each day so children or teenagers can look forward to it.

### Ask your child what they would like to do

Choosing builds their self-confidence. If they want to do something that isn't the work of physical distancing, then this is a chance to talk with them about this (see next leaflet).

### Ideas with your baby/toddler

- Copy their facial expressions and sounds
- Sing songs, make music with pots and spoons
- Stack cups or blocks
- Tell a story, read a book, or show pictures

### Ideas with your teenager

- Talk about something they like sports, music, celebrities, friends
- Cook a favourite meal together
- Exercise together to keep hearts rate up

### Ideas with your young child

- Read a book or look at pictures
- Make drawings with crayons or pencils
- Dance to music or sing songs
- Do a challenge together - make obstacles and looking a game
- Help with school work

### Switch off the TV and phone. This is virus-free time

### Listen to them, look at them. Give them your full attention. Have fun!

For more information click below links:

[Parenting tips from MIND](#) [Parenting tips from MINDCTF](#) [In schools language](#) [EVIDENCE-BASED](#)

## 2 COVID-19 PARENTING Keeping It Positive

It's hard to feel positive when our kids or teenagers are driving us crazy. We often end up saying "Stop doing that!" But children are much more likely to do what we ask if we give them positive instructions and lots of praise for what they do right.

### Say the behaviour you want to see

Use positive words when telling your child what to do: "Please put your clothes away" (instead of "Don't make a mess")

### Praise your child when they are behaving well

Try praising your child or teenager for something they have done well. They may not show it, but you'll see them doing that good thing again. It will also reassure them that you notice and care.

### It's all in the delivery

Shouting at your child will just make you and them more stressed and angry. Use your child's attention by using their name. Speak in a calm voice.

### Get real

Can your child actually do what you are asking? Have 15 in every hour for children or teens, and 15 minutes for 15 minutes while you are on a call.

### Help your teen stay connected

Teens especially need to be able to communicate with their friends. Help your teen connect through social media and other safe distancing ways. This is something you can do together, too.

### Listen to them, look at them. Give them your full attention. Have fun!

For more information click below links:

[Parenting tips from MIND](#) [Parenting tips from MINDCTF](#) [In schools language](#) [EVIDENCE-BASED](#)

## 3 COVID-19 PARENTING Structure Up

COVID-19 has taken away our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines can help.

### Create a flexible but consistent daily routine

- Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.
- Children or teenagers can help plan the routine for the day - like making a school timetable. Children will follow the better if they help to make it.
- Include exercise in each day - this helps with stress and kids with lots of energy at home.

### Teach your child about keeping safe distances

- If it is OK in your country get children outside
- You can also write letters and draw pictures to share with people. Put these up outside your home for others to see!
- You can reassure your child by talking about how you are keeping safe. Listen to their suggestions and take them seriously.

### Make handwashing and hygiene fun

- Make a 20-second song for washing hands. Add actions! Give children prizes and praise for regular handwashing.
- Make a game to see how long times we can touch our faces with a reward for the least number of touches (you can count for each other).

### At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did.

### Praise yourself for what you did well today. You are a star!

### You are a model for your child's behavior

If you practice keeping safe distances and hygiene yourself and treat others with compassion, especially those who are sick or vulnerable - your children and teenagers will learn from you.

For more information click below links:

[Parenting tips from MIND](#) [Parenting tips from MINDCTF](#) [In schools language](#) [EVIDENCE-BASED](#)

## 5 COVID-19 PARENTING Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

### You are not alone

Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

### Take a break

We all need a break sometimes. When your children are getting the something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

### Listen to your kids

Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Avoid how they feel and give them comfort.

### Take a Pause

**1-minute relaxation activity that you can do whenever you are feeling stressed or worried**

- Step 1: Set up**
  - Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap
  - Close your eyes if you feel comfortable
- Step 2: Think, feel, body**
  - Ask yourself, "What am I thinking now?"
  - Notice your thoughts. Notice if they are negative or positive.
  - Notice how your feel emotionally. Notice if your feelings are happy or not.
  - Notice how your body feels. Notice anything that feels or is tense.
- Step 3: Press on your breath**
  - Listen to your breath as it goes in and out.
  - You can put a hand on your stomach and feel it rise and fall with each breath.
  - You may want to say to yourself "It's okay. Whatever it is, I can stay."
  - Then put focus in your breath for a while.
- Step 4: Scanning back**
  - Notice how your whole body feels.
  - Listen to the sounds in the room.
- Step 5: Breathing**
  - Think "I've done it! I'm all set."
  - When you're ready, open your eyes.

Taking a Pause can also be helpful when you feel your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath you can make a difference. You can also take a Pause with your children!

For more information click below links:

[Parenting tips from MIND](#) [Parenting tips from MINDCTF](#) [In schools language](#) [EVIDENCE-BASED](#)



## **Where can you get help if you are using unsafe behaviours within your relationship?**

**Domestic Abuse is never acceptable**

The Hampton Trust want to ensure everyone feels safe

We know that Covid -19 will have a serious impact on the lives of many families as they are forced to self-isolate in homes where they do not feel safe

**Could your family be fearful of your behaviour?**

**Are you concerned you are being abusive to your partner and your children are witnessing this?**

The Hampton Trust have developed an enhanced service during the coronavirus pandemic to offer support and guidance associated with long periods of lockdown. This is an opportunity to reflect on your behaviour within the home and to learn practical tools to ensure your actions are not placing your family at risk. Our services can be accessed via telephone, FaceTime, video link, email or text and you will be able to arrange contact at a time that suits you.

**We will also offer support to your partner separately to ensure safety is paramount during these unprecedented times**

You can contact us through our website

[www.hamptontrust.org.uk](http://www.hamptontrust.org.uk)

The Hampton Trust

02380 009898

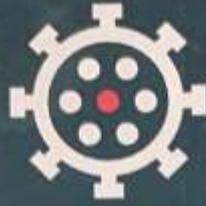
Or the Hampshire Domestic Abuse Service

0330 016 5112

Our service on the Isle Of Wight

0800 234 6266





# CORONA VIRUS

## **Domestic abuse – where to get help during the Covid-19 pandemic**

We know that COVID-19 (Coronavirus) will have a serious impact on the lives of women, children and men who are experiencing domestic abuse. Fears over jobs, financial pressure, school closures, working from home and all the other current changes to our day to day lives are likely to result in an increase in domestic abuse incidents.

If you're already living with domestic abuse, then the restrictions put in place while the government tries to slow the spread of the virus have probably left you fearful of being isolated in the house with your abuser and as if there is nowhere to go for help. You may not be able to see the friends and family who usually support you, and some of the places where you go for help or treatment may be closed or offering a reduced service. Please remember that you can still call 999 if you or someone else is in danger.

While some domestic abuse support services are not able to offer face to face meetings at this time, there is still help and advice available online and over the phone. These local and national organisations are working hard to ensure they can still support you.

**Hampshire Domestic Abuse Service** – 03300 165112

**Stop Domestic Abuse (Portsmouth)** – 023 9206 5494

**Aurora New Dawn** – 023 9247 9254

**Yellow Door (Southampton)** – 023 8063 6313

**PIPPA (Southampton)** – 023 8091 7917

**You Trust (Isle of Wight)** – 0800 234 6266

**National Domestic Abuse Helpline** – 0808 2000 247

**Men's Advice Line** – 0808 801 0327

**National LGBT+ Domestic Abuse Helpline** – 0800 999 5428

If you're a child or young person and domestic abuse is happening in your home or relationship, then call Childline on 0800 1111.





## You First response to COVID 19

In light of the continued changes to practice and updates from government I thought it would be useful to send out an update to all our stakeholders and communities. I know that You First and Connect have been keeping their own communities updated as much as possible and working together with partners and commissioners in these unprecedented times.

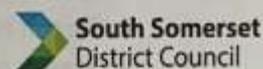
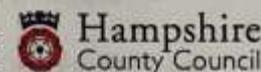
You First are committed to the safety and wellbeing of all people experiencing abuse and our services are working hard to ensure that we remain in contact with all people we work with. You First continues to provide support to those experiencing domestic abuse across Dorset, Hampshire, Somerset, IOW and West Sussex during these difficult times. We can help adults, children and families who need safety advice, emotional support and we also offer refuge or safe houses.

Along with our colleagues and partner agencies, we have also taken the difficult decision to follow guidance which means most staff are home working with very few face to face visits. These may happen on a case by case basis for target hardening for example, but generally we have increased capacity to enable contact via phone, text, social media, email services and can carry out face to face via digital platforms.

All advice and single point of contact lines remain open and we are still taking referrals and advising people on a case by case basis regarding the support they will receive. Residents in our refuges are still being supported by You First Staff, in line with safe practical guidance and we will advertise spaces when they are available and where it is safe to do so. We are asking all people who come to refuges to adhere to our 14 day isolation protocols and we will help and support for shopping and other necessities.

The safety of the people in our communities are our highest priority and we welcome working together to keep people safe. We continue to work with our partners The Hampton Trust, Aurora New Dawn and Stop Domestic Abuse and others across the counties. We are committed to join together and support each other to keep our communities safe.

We know this is a dangerous and difficult time for people who are victims of domestic abuse and are isolated at home, we ask members of our



communities to be especially vigilant if you see or hear something that concerns you please phone the police and they will contact us if needed.

Whilst we would love to hear from you, please know that our teams are working flat out and there may be a slight delay in our getting back to you. We will prioritise contact with victims and survivors of domestic abuse but please do contact us if you feel your behaviour is harming another person and you wish to seek help and support.

Please bear with us during these next few weeks and we wish you our best wishes and hope you keep safe and well.

Hampshire 0800 916 9878

- Target Hardening
- Health based Domestic Abuse Advocacy
- DVA Cars
- Dragonfly outreach and champion community training and support

Dorset and Bournemouth Christchurch and Poole 0800 032 5204

- Outreach
- Refuge and Safe House
- Stalking
- Sexual Violence Advocacy
- Target Hardening
- Diversity and Inclusion specialist support
- Refuge accommodation and support for male victims
- Health based Domestic Abuse Advocacy
- Dragonfly outreach and champion community training and support

Isle of Wight 0800 234 6266

- Refuge
- Outreach support
- Target hardening
- Health based Domestic Abuse Advocacy
- Community perpetrator programme (The Hampton Trust)
- Sexual Violence advocacy (The Hampton Trust)
- IDVA service

West Sussex - Connect 01403 229017

- Working with whole family support
- Specialist victims and perpetrator teams
- Specialist children's teams
- Peer development groups
- Outreach

- Support groups
- Counselling and therapeutic interventions

Somerset 0800 694 9999 (from 1<sup>st</sup> April 2020) [youfirstsidas@theyoutrust.org.uk](mailto:youfirstsidas@theyoutrust.org.uk)

- Outreach
- Refuge and Safe Houses
- IDVA
- Speciality children's teams
- Specialist perpetrator teams
- Dragonfly outreach and champion community training and support
- MARAC teams

We will send out regular updates on our social media, please do support and share on Twitter and Facebook and are working on an alternative communication/contact via our website for victims of domestic abuse when they are not able to talk.

Please do not hesitate to contact us should you need any further information and please share with any partner agencies.

Thank you

Tonia Redvers  
 Quality and Operations Director  
 The YOU Trust