

## Safeguarding

As we close our school gates today we want to ensure that we continue to safeguard our community. At PaWs we always strive to provide an environment in which children and adults feel safe, secure, valued and respected, and feel confident to talk if they are worried, knowing they will be listened to. The partial closing of our school today means that this environment will look very different for many, but our values remain the same. Therefore, we have put the following plans in place to ensure we can continue to safeguard and support the members of our PaWs community.

- On Monday we will welcome a smaller community of children who we will continue to receive support using our in-school safeguarding procedures.
- For those families who we will not be seeing daily – we have devised a vulnerable action plan to ensure we can continue to keep in contact with and support them. This support may involve regular telephone check-ins, updates via email, home visits (supported by external agencies as appropriate) and referrals for external support as per usual procedures.
- Class teachers will be available on Class Dojo to support and will be able to forward concerns regarding mental health or safeguarding to our Designated Safeguarding Leads. Please let us know if you have any concerns regarding families that attend PaWs.
- Safeguarding and welfare concerns can also be directed to the safeguarding leads. To help triage concerns we ask that you email any safeguarding concerns to our designated safeguarding lead – Lorraine Delaney [ldelaney@pevenseyschool.org.uk](mailto:ldelaney@pevenseyschool.org.uk). This email address will also be outlined on our school website for your reference.

Pevensey & Westham School has always encouraged all staff, governors, visitors and parents/carers to share our commitment to safeguarding. We are therefore asking that we continue to support each other and signpost any families in need of support to the school at this difficult time.

## Free School Meals

Those entitled to free school meals will continue to be supported by the school. This support will take the form of a weekly voucher per FSM child.

## Hardship

We are acutely aware that some families may need help to purchase food and toiletry/sanitary products at this difficult time. We have allocated a budget to help families that need support with this. If you need support with meals and household basics for the students, please contact Lorraine Delaney – [ldelaney@pevenseyschool.org.uk](mailto:ldelaney@pevenseyschool.org.uk)

## Mental Health for Families

As the situation develops and there are increased periods of time spent indoors, mental health may become more of a concern. Your child may find they have questions about the situation, they may feel anxious about not seeing their classmates and be thinking about how things will have changed when they return to school full time. There are a wide range of support sites and networks that can provide support for all our families.

## Support for Pupils

Unicef Australia have a list of answers to the most common fears children have about the Coronavirus <https://www.unicef.org.au/blog/news-and-insights/march-2020/how-to-talk-to-your-children-about-coronavirus>

BBC Newsround has a short film explaining the virus  
<https://www.bbc.co.uk/newsround/51887051>

Alice N'diaye has created a list of books, songs and other online materials to help primary pupils with social and emotional issues. Free to download via this link:  
<https://theteacherist.com/2020/03/17/resource-pupil-wellbeing>

Young Minds have a series of worksheets, videos and other activities covering many mental health topics which you can pick from their menu

<https://youngminds.org.uk/resources/school-resources>

The Children's Society have information on a range of mental health topics and other problems you might be stressed about <https://www.childrensociety.org.uk/mental-health-advice-for-children-and-young-people>

Twinkl have lots of mindfulness colouring sheets available for download

<https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack>

Comforting Anxious Children has suggestions for calming mind, body and spirit

<https://www.comfortinganxiouschildren.com/best-products-anxious-kids>

Sesame Street has a toolkit of resources for younger children

<https://www.sesamestreet.org/toolkits>

Try Daniel Tiger's Neighbourhood for gentle ideas for positive behaviour

<https://pbskids.org/daniel>

Your child might want to pick a toy to become their Worry Buddy to share their troubles with.

Alternatively cut a hole in the top of a decorated shoebox and post worry notes in it. Older primary

children might like to keep a diary noting how they feel; or if you have pets they could share their fears with them. Your child might find writing or drawing how they feel easier than talking.

Writing letters, sharing photos, or making phone calls to older relatives your child can't see and may be missing will bring comfort to both young and old.

If night times are a problem, this blog has ideas on how to make it calmer

<https://copingskillsforkids.com/blog/12-kid-friendly-strategies-to-calm-anxiety-at-night-from-a-child-therapist>

## Support for Parents and Carers

Currently we're living in a difficult and stressful period. You will have been given information on how to support your child's learning, and resources for their mental wellbeing. However, your mental health is equally important, so the following organisations are here to help your wellbeing.

The Blurt Foundation will email you regular updates to boost your mood

<https://www.blurtitout.org>

Action for Happiness encourage you to find ways to stay positive and resilient

<https://www.actionforhappiness.org>

Mind provides information on mental distress plus ideas for self-care

<https://www.mind.org.uk>

Samaritans are there to listen if you are feeling overwhelmed <https://www.samaritans.org>

CAMHS Sussex has advice on mental wellbeing for children and parents

<https://sussexcamhs.nhs.uk/help-support>

Citizens Advice offers practical information about all aspects of your life

<https://www.citizensadvice.org.uk>

The NHS have a range of apps you can use to promote your own wellbeing

<https://www.nhs.uk/apps-library>

A guide from Harvard University on managing fears about the Coronavirus

[https://www.harvard.edu/sites/default/files/content/coronavirus\\_HUHS\\_managing\\_fears\\_A2%5B5%5D.pdf](https://www.harvard.edu/sites/default/files/content/coronavirus_HUHS_managing_fears_A2%5B5%5D.pdf)

The Mental Health Foundation has this advice on protecting your mental health

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

The British Army hosts a free 8-week online course in Mindfulness

<https://www.army.mod.uk/people/join-well/managing-stress/mindfulness-course>

Family Lives have fact sheets and a helpline to assist with all areas of parenting

<https://www.familylives.org.uk>

Home Start provide parenting tips and mentoring <https://www.home-start.org.uk>

CBeebies Grownups has lots of practical advice <https://www.bbc.co.uk/cbeebies/grownups>

The NSPCC has tips on child safety and wellbeing plus ideas on how to communicate with your child <https://www.nspcc.org.uk>

Pooky Knightsmith is a therapist who offers mental wellbeing tips for all the family <https://www.pookyknightsmith.com>

We appreciate the next few weeks will be challenging for us all. However, hopefully the information above will support your families. Please make sure you reach out if you need support – it's only together we can continue to be *More Amazing Everyday*.

Senior Leadership Team / Safeguarding Team