

It has been four weeks since the UK was placed in a state of lockdown and new developments regarding the pandemic are surfacing at a rapid rate across the globe. It can be difficult to ascertain how the landscape of the current climate may look in the days, weeks and months ahead. Such uncertainty will have an impact on yours and your family members mental health. As you'll be aware as a school we are fortunate to be working directly with Mind. If you would like to discuss any aspect of Mental Health you can email: [WSA\\_Bilton@cwmind.org.uk](mailto:WSA_Bilton@cwmind.org.uk) or check out their website: [cwmind.org.uk](http://cwmind.org.uk)

### Positive Stories

Our "new normal" has seen us support each other within our communities as we deal individually with the anxieties that the pandemic causes. The BBC now has a section for uplifting stories which can provide us with positivity in this difficult time.

<https://www.bbc.co.uk/news/topics/cx2pk70323et/uplifting-stories>

What are you doing to keep your community positive and yourself entertained? Have you and your child/children learned a new skill? We'd love to hear your stories and share your photos with our school community. Please send to [Louise.ansell@biltonmail.com](mailto:Louise.ansell@biltonmail.com)

There are numerous issues that are affecting all of us. Don't forget there are fact sheets in the well being section of the Bilton Website to support you at this time.

Information regarding coronavirus financial help and rights is available on Martin Lewis' website: <https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/> has clear guidance re financial help and rights, covering sick pay, mortgages, rental help, train refunds and more, energy top-ups and more. Information on this website is updated regularly to help and support in what is anxious and upsetting time.

You will have also heard in the news how reports of domestic violence have risen by 25%. Anyone who is worried about a loved one, or about isolating with a perpetrator, can contact the National Domestic Abuse Helpline on 0808 2000 247 or online. In addition, if you are concerned about your own behaviour the NSPCC provides details of how you can be supported:

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse/>

### Favourite site of the week

BBC bitesize has provided online daily lessons to support lock down learning that schools are providing whilst schools are shut. Three lessons are provided daily from age 3 to post 16:

<https://www.bbc.co.uk/bitesize>

### Wellbeing Challenge

Each week (whilst in lock down) the character and culture team will be setting a well-being challenge for you to complete from items you have in your own home. There will be a weekly winner who will receive a £15 voucher. Entries must be sent to [Louise.Ansell@biltonmail.com](mailto:Louise.Ansell@biltonmail.com)

**Challenge for week commencing the 20th April** Following the response that an art gallery got for a toilet roll art challenge we'd like you to have a go. <https://www.bbc.co.uk/news/uk-england-norfolk-52295494>

What art can you create from a toilet roll? Entries must be submitted by 12 noon on Monday 27th April



**Stay safe from Bilton's Character and Culture Team**

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