

In our 12<sup>th</sup> week of lockdown and things have changed -considerably shops have opened and the country is making baby steps towards an economic recovery. In addition, Marcus Rashford has made Boris Jonson and government change their minds over the provision of Free School Meals in the summer holiday #maketheUturn which will make a huge difference to many not only in our own school community but nationwide.

Protecting our mental health is going to be central to us coping with and recovering from the coronavirus pandemic - with the psychological and social impacts likely to outlast the physical symptoms of the virus. Please do look at the links provided this week (as there has been a number of updates and new resources made available) to support yourself, your loved ones and members of your community.

### **Supporting emotional well-being**

Warwickshire Educational Psychology Service has developed a series of short webinars to support emotional wellbeing. The sessions are aimed at parents/carers, secondary aged young people, school staff and other professionals. The webinars will be available from June the 22<sup>nd</sup> All sessions are free to access as part of Warwickshire's Educational Psychology work in supporting families and staff at this time. To sign up fill in the form here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=BqqwiCdZu0uok4nMJxOsgnj5Q5LTTU1HmJT09R1U9O1UN09TMTk5S0tJMjdTUEdBWUJWVvEzV0EyVC4u>

### **Online Safety**

As more of our social interactions become online, please see our reminder of updated government guidance on staying safe online:

<https://www.gov.uk/guidance/covid-19-staying-safe-online>

### **NEW Online Safety Videos from New Zealand**

A new campaign from the New Zealand Government has just launched, illustrating the different challenges for parents online. Do watch them and share them with your children. Each video is 1 minute long.

Online Bullying: <https://www.keepitrealonline.govt.nz/online-bullying/>

Online Grooming: <https://www.keepitrealonline.govt.nz/online-grooming/>

Inappropriate Content: <https://www.keepitrealonline.govt.nz/controls-and-settings/>

### **Favourite site of the week**

<https://www.mencap.org.uk/get-involved/learning-disability-week-2020#involved>

This week It's Learning Disability Week 2020! Learning Disability Week 2020 is taking place online from **15 to 21 June**.

Mencap, the leading voice of learning disability have announced the theme of the week: **the importance of friendships during lockdown**.

The current situation has meant that many people with a learning disability are feeling isolated, as they have been unable to see their friends and families. People with a learning disability already experience high levels of loneliness and social isolation and this will have only been made worse by lockdown.

Mencap want to show the importance of friendships to help with tackling isolation, as well as exploring the different ways of maintaining friendships during this unusual time. **#LDWeek2020**

Sign up for befriending. We know that people with a learning disability already experience high levels of loneliness and social isolation and this has only been made worse by lockdown. Befriending can help. To find out more email [friendships@mencap.org.uk](mailto:friendships@mencap.org.uk)

**Resources to help you and your family**

For the most up to date government advice re coronavirus:

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Warwickshire produce a service newsletter to help and support your family.

<https://mailchi.mp/warwickshire/family-information-service-newsletter-information-on-covid-1190712?e=1775539138>

Parents Helpline: If you are a parent who needs advice about your child's mental health you can contact the Parents Helpline directly on 0808 802 between 9:30am-4pm

YoungMinds Crisis Messenger:

If you are a young person experiencing a mental health crisis you can text YM to 85258 for free 24/7support

The Young Minds website is here: <https://youngminds.org.uk/>

Anxiety for children and adults about Covid-19 is real. Help and support is available at:

<https://www.anxietyuk.org.uk/get-help/anxiety-information/>

Mind have created a children and young people's survival kit, which includes signposting information for both local and national organisations that can provide support/information on mental health and wellbeing:

<https://cwmind.org.uk/information-centre-for-young-people/>

Set up primarily for young people and their carers has useful exercises, links and information provided by National Mind and Coventry and Warwickshire Mind.

**Wellbeing Challenge**

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

We were really impressed by the entries for #gardeningchallenge. Don't forget that if you are in Year 7 or 8 to ensure that you send your pictures of your sunflowers to: [Thomas.gleghorn@biltonmail.com](mailto:Thomas.gleghorn@biltonmail.com)

**Winner:**

Ryan Paul Year 10 who has not only been growing plants but has also (by himself) made an outdoor playhouse for his sibling



This week is Refugee Week. We want to celebrate and mark the importance of dreams this Refugee Week, so whether it's a poem, piece of art, musing, quote or something else entirely, we want to hear from you! What matters to you?

For inspiration watch an art class Our Dreams: The Art Class for inspiration to find out more:

<https://www.migranthelpuk.org/Event/our-dreams-the-art-class>

We look forward to seeing your entries

Please ensure that your entries are labelled #Ihavedreams

And submitted to [Louise.ansell@biltonmail.com](mailto:Louise.ansell@biltonmail.com) by 12.30 on 22th June

<https://www.migranthelpuk.org/>

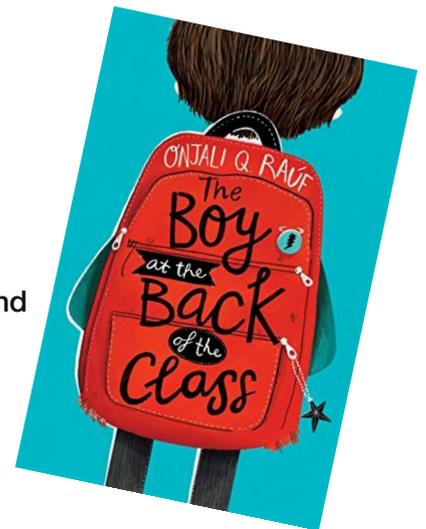
provides a free 24-hour, 7 day a week telephone helpline supporting asylum seekers in the UK, delivered in partnership with Connect Assist

Free Asylum helpline: 0808 8010 503

#### Recommended reading:

##### For younger readers

Told with heart and humour, *The Boy at the Back of the Class* is a child's perspective on the refugee crisis, highlighting the importance of friendship and kindness in a world that doesn't always make sense



##### For older readers 14+

*The Beekeeper of Aleppo* What will you find from his story? Nuri is a beekeeper; his wife, Afra, an artist. They live a simple life, rich in family and friends, in the beautiful Syrian city of Aleppo - until the unthinkable happens. When all they care for is destroyed by war, they are forced to escape

