

WELL BEING

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The last week for the UK has seen a number of changes. An economic stimulus package has been presented this week by our Chancellor Rishi Sunak. As of the end of July face masks will become part of everyone's essentials as they leave the house: phone, keys, wallet and mask will now become our new normal routine. Whilst we might find wearing masks initially annoying they are a small price to pay if they help reopen society and the UK economy, to try and save thousands of lives, millions of jobs and peoples mental health.

As we gradually hear more about the easing of lockdown and the reopening of society please ensure that you stay safe. 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 to support yourself, your loved ones and members of your community.

As you'll be aware as a school we are working directly with Mind. Students will benefit from this association when we return to school. If you would like to discuss any aspect of Mental Health you can email:

WSA_Bilton@cwmind.org.uk or check out their website: cwmind.org.uk

Holiday Provision

A number of families are concerned in the summer about not only entertaining children but ensuring care provision is in place. This week Warwickshire have announced a number of Holiday Schemes to support young people and their families. The Family Information Service Facebook page is updated regularly. In addition, details can also be found on the Family Information Service Newsletter:

<https://mailchi.mp/warwickshire/family-information-service-newsletter-information-on-covid-1191172?e=8c3b2df1d3>

Take A Break Holiday Provision (Tab) this summer will be available across

all of Warwickshire, Take A Break will be offering summer holiday provision for children/young people with disabilities on a reduced activity programme. Every child/young person will have an individual risk assessment completed and a support package to meet their needs will be created:

<http://www.tabw.org.uk/>

Act for Autism, in partnership with Entrust Care Partnership, are offering 2 interactive workshops for parents

Sign up to 2 interactive workshops lead by the Act for Autism trainers on Monday 27th July:

- 1pm – 2pm 'Understanding your child's sensory challenges and how to help'
- 7pm - 8pm 'Transition and change – how to support your child in this changing environment'

Please email lynnebarton@entrustcarepartnership.org.uk to register

Work Experience

As the world of work is changing the way in which we engage with the workplace has changed. Students have been offered the opportunity in Year 12 to follow a virtual work experience programme which will allow them to develop key skills and stand out from the crowd. If your child is in Year 12 and has not registered please contact the Head of 6th Form: Toni.Johnson@biltonmail.com

If any student in Year 10 or 11 would like to take part on the week commencing Monday 20th they must contact: Neil.stoddart@biltonmail.com and copy in the Assistant Head responsible for their Year Group either Nigel.Dodds@biltonmail.com or Graeme.martin@biltonmail.com



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Supporting emotional wellbeing

As family support drop in sessions have been postponed for the foreseeable future Warwickshire county Council would like to remind everyone that support is still available virtually

Children and family centres offer flexible support for families with young people aged 0-19 (25 with additional needs).

Family support workers are available across Warwickshire to listen, support and offer advice and guidance to families and professionals. To speak to a family support worker over the telephone, call 01926 412412, Monday to Friday between 9am - 4pm.

They have virtual support and timetables of activities available via different platforms on social media. To access details for your local area please go to: <https://www.warwickshire.gov.uk/childrenandfamilycentres>

"See Hear Respond" is a new service developed by Barnardo's for children and young people during COVID-19

The See, Hear, Respond Partnership is a new service funded by the Department for Education. With your help, the See, Hear, Respond Partnership will quickly identify and support children, young people and families who are struggling to cope with the impacts of coronavirus <https://www.barnardos.org.uk/see-hear-respond>

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>

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>

Don't forget that Warwickshire produce a service newsletter to help and support your family:

<https://mailchi.mp/warwickshire/family-information-service-newsletter-information-on-covid-1191172?e=8c3b2df1d3>

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 24/7 support

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.



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Online Safety

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

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

Website of the week

Martin Lewis has a section on his website for coronavirus help for all things financial. Do take a look:

<https://www.moneysavingexpert.com/?msclkid=576b9808d28617dbfae5c70d7409b2fe>

Transition

It's an exciting time for year 6 pupils when they start thinking about moving to secondary school but we know sometimes it's worrying for pupils when they don't know what will be new or different. Warwickshire County Council has put together an animation that will help pupils going from Year 6 to Year 7 to have the smoothest transition possible.

<https://www.youtube.com/watch?v=G63JvltQyn0>

If you have not done so already ensure you do look at all the Transition Materials on our website to support our new pupils. If you do have any queries with regards to transition please email our Transition Lead:
Zoe.Martin@biltonmail.com

Wellbeing Challenge

Since March (whilst in lock down) the character and culture team have been setting a wellbeing challenge for you to complete from items you have in your own home. There have been weekly winner/s who have received vouchers. Entries must be sent to: Louise.Ansell@biltonmail.com

The ultimate challenge is "What I have achieved in lockdown?". This could be anything whether it is: gardening, painting a picture, improving a skill, decorating your house, learning to knit or mastering the hula hoop. We want to know. Send your entries to Louise.ansell@biltonmail.com



All entries must be submitted to Louise.ansell@biltonmail.com by Monday 7th September by 12.30.

There will be vouchers awarded for this challenge and also for the Lockdown 2020-word search. Winners will be announced in our Autumn Wellbeing Newsletter.



Name: _____

Date: _____

The Lockdown Word Search 2020

D U K M R F X G B W Y X C Q I A I N F M Z P Z Q
 E Q U A R A N T E A M S T K C H J R E H S G D G
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 O I R D Y I R H M Z R T B H R N Z S U S F Q D A
 L Z M E C B G B B E N P A I O I Q A O S R P I N
 R Y A S Y C O L C S S N D O W T J M I N Z O V D
 U X L L C M A E Z K D H X Q Y N M E J X Z N O E
 F B I W B P D F I S T R L C E A M C J I H E C M
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 D J N A N L C N Y R R A T R U A E F O C D E O C
 B G L T H W I O U A D A K T B U T G Z T N T C C
 T J E X M T R W V S N R T E O Q T M K Z N R K H
 W D R Z I A Y R R E Y A X M M N J F H M E E D H
 E P Q S K M O U T X X T B O I X M I V N W P O L
 G B E H O T L C S R Q I D W R C A L F X I L W A
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handsanitiser crisis quaranteams zoombombing blursday

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