

April 2020

Dear Parents and Carers,

We will be continuing to update the Trust website with the latest information for parents and carers.

Helping children with work at home

Thank you to all parents/ carers who are helping your children to learn at home. We appreciate that you are doing your best with this and really appreciate all of your efforts. Individual schools will continue to put resources on their websites and communicate with families.

Guidance for parents and carers: keeping children safe online

The DfE have updated information for parents and carers to include a section on keeping safe online. It provides links to online resources that will help support parents and carers in keeping their children safe online. Full details can be found in section 6.3 of the guidance for parents and carers on the closure of educational settings: <https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>

Domestic Violence

We are aware that rates of Domestic Violence have increased during lock down. Domestic abuse is a pattern of behaviour on the part of the abuser designed to control their partner. It can happen at any point in a relationship, including after you have split up. Domestic Violence can affect men and women. If you need help or advice the freephone, 24-hour National Domestic Abuse helpline number is: [0808 2000 247](tel:08082000247)

School Nursing Team

In light of the current situation the School Nursing Service would just like to send out details of how the service can be contacted during school closures. Contact their Health Business Centre on 0345 607 6688

Text a school nurse on the texting service ChatHealth on 07507 333356

Visit their website for more information on what the School Nursing service offers. It is also has lots of useful information and advice on children and adolescent's physical and mental health for parents to access: <https://www.suffolk.gov.uk/index.php/children-families-and-learning/childrens-health/school-nursing/>

Every Mind Matters

Every Mind Matters has created new COVID 19 specific creative to help you support the public's Mental Health during this difficult time using Every Mind Matters and its self-care resources. The Every Mind Matters platform has been updated to incorporate the new Covid-19 mental health guidance and provide content to help people look after their mental and physical health while staying at home. To access resources please follow this link:

<https://coronavirusresources.phe.gov.uk/now-more-than-ever-every-mind-matters/>

Free School Meals Voucher Scheme

The DfE have recently introduced a voucher scheme so that the families of pupils who are entitled to Free School Meals can receive £15 of vouchers per week to use at supermarkets. We will endeavour to set this up so that parents are emailed voucher codes. We are told that emails sometimes please enter spam or junk folders so please keep checking these regularly. If you are entitled to Free School Meals school offices will email you with further guidance about this scheme.

Handwashing Advice

The DfE guidance reminds us that the most important thing individuals can do to protect themselves is to wash their hands more often, for at least 20 seconds, with soap and water. Public Health England recommends that in addition to handwashing before eating, and after coughing and sneezing, everyone should also wash hands after using toilets and whenever you return home. The latest guidance and video on hand washing can be found here:

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

Department for Education coronavirus helpline

The Department for Education coronavirus helpline continues to be available to answer questions about COVID-19 relating to education and children's social care. Staff, parents and young people can contact this helpline as follows:

Phone: 0800 046 8687

Opening hours: 8am to 6pm (Monday to Friday), 10am to 4pm (Saturday to Sunday)

We know that this situation continues to feel uncertain and sometimes difficult. We realise the suddenness of the school closures has been disorientating for both staff and children. We hope that in the not too distant future schools will open again and that our school communities can be together again.

Please assure Year 6 pupils that they will have an opportunity to celebrate the end of their time at Primary School with their school communities, even if this has to take place at a later than usual time.

I would like to take this opportunity to let you know how proud I am of the way in which everyone in our Trust – that is the board, governors, headteachers, staff and pupils have responded to every challenge this situation has thrown at them. It makes me feel confident that, moving forward, no matter how complicated the situation continues to be, things will be okay.

Thank you for your continued support, stay safe and well everyone. Look after yourselves and your families.



**All Saints
Schools Trust**

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