

NEWSLETTER

DEAR PARENT/CARER

We do hope that you are keeping safe and well during these difficult times. As a school we are committed to ensuring the holistic development of all of our girls. As parents/carers we are aware that you may feel that your daughter may need some additional support to ensure that her overall wellbeing is continued to be nurtured. We are delighted to support you with a range of information in order to do this. If you have any specific queries related to, your daughters needs then please do not hesitate in contacting your daughter's Head of Year.

Best wishes,

The HUB Team @ BSFG

GOVERNMENT UPDATE COVID-19

The Government have updated their website with keeping children safe online during the covid-19 pandemic:

Please see below the link to some stimulating topics that you may like to discuss and reflect upon: https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online?utm_source=Email&utm_campaign=Monthly-Update-May-2020

ONLINE SAFETY

Ensuring that your daughter is a responsible 'Digital Citizen'. During the Covid-19 pandemic your daughters will be accessing a variety of online platforms and it is essential that you ensure that your daughter is using the internet and all online platforms safely.

Please see the links below to support you in ensuring that your daughter is a responsible 'digital citizen'. These are 15 minute activities that you can complete with your daughters, across this half term. There are six activities to complete:

KS3

https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/11-13s/?utm_source=Thinkuknow&utm_campaign=e9ea1fa21d-TUK_ONLINE_SAFETY_AT_HOME_19_05_20&utm_medium=email&utm_term=0_0b54505554-e9ea1fa21d-55383209

KS4 & KS5

https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/14-plus/?utm_source=Thinkuknow&utm_campaign=e9ea1fa21d-TUK_ONLINE_SAFETY_AT_HOME_19_05_20&utm_medium=email&utm_term=0_0b54505554-e9ea1fa21d-55383209

ANXIOUS TIMES DURING LOCKDOWN

As we all know it is a really challenging time for families at the moment and it is perfectly normal for children and young people to feel worried or anxious whilst we are on lockdown. We have all experienced sudden changes in our lives and routines – and we are living with lots of uncertainty about the coming weeks and our return to school. For some young people, the coronavirus pandemic may also worsen or trigger anxieties they were already struggling with. Here are a few ideas to help support your daughter. The Coronavirus outbreak will be impacting everyone's lives on a daily basis. For some children and young people, this maybe a stressful and difficult time; this may lead them to have negative or worrying thoughts. There are lots of things you can do to support your family and children.

- * Listen and acknowledge; allow children to express and communicate their feelings. Children may want to write down, draw or journal their worries.
- * Provide clear and honest information about the situation; children and young people may need reassurance about how parents and carers can keep them safe.
- * Encourage your child to talk what things you may be able to do to make your child feel less worried and safer.

GIVE HER A TASK EACH DAY

It does not have to be big, and it does not have to be academic. Whether you realize it or not, school gives you things that you can "check off" as completed, and now that school's not happening at the moment, her mind still craves that feeling of being productive. This extra time gives her the opportunity to do other things such as baking, offering to make the dinner for your family or taking it in turns with other family members. This time also gives her a chance to take up a new hobby or learn a new skill; she can show off such as sewing, art, photography, reading a book, learn a bit of basic first aid, learn a

new language or learn to juggle. There is plenty of help with all these activities on line.

ENCOURAGE HER TO GO OUTSIDE (with social distancing measures in place).

Lay out a blanket in the garden if you have one and read, sunbathe, have a mini picnic, play an instrument, scroll through instagram or just enjoy the aeroplane free skies whilst you can, it's all about relaxing in the fresh air. School gets your daughter out of the house. Don't give up on that now. Being outside helps calm the mind. Go for a walk round your local park with family members. If you can't get outside open a window if it's safe to do so, take a few deep breaths and enjoy the sunshine and fresh air.

TALK TO FRIENDS

Your daughter will need them more now than you realize and they need you. If they don't want to talk to anyone, that might be the biggest sign that they need too. School gives her these interactions naturally. Without it, you're going to need to go out of the way to make sure it happens. Encourage her to phone a friend! They may be just as anxious and confused as she is, talking it through will help them both. They could also now meet in a park ensuring they keep to the 2 metres distancing at all times, no hugging just yet!

SET AN ALARM ON WEEKDAYS

It is all about sticking to a new routine. Set an alarm. It doesn't have to be early, but try to stick to it. We have all had to restructure our days. School gets her out of bed. Without it, it can be easy for her to waste hours in bed or on her phone which is great for a day or two but can easily lead to negative spirals if it last longer than the weekend. Make sure she showers/ bathes daily and doesn't sit around in her pj's all day! Try to encourage her to have productive days.

CREATE A (LOOSE) TIMETABLE

Try to encourage her to do different things on different days. Make her a timetable for each week making sure you include regular breaks. This can be based on the Google online timetable given to your daughter via Google Classroom from the 8th June. Mix it up a bit, include down time in her timetable to include fun activities as well. Try to include some physical activities as well. If she was at school, she would have several PE lessons throughout the week so make sure to include these. Maybe encourage her to give yoga or Pilates ago!

THE EMOTIONAL CUP

Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do

What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

upbilly
Publisher of Therapy Resources

BREATHING EXERCISES

Taking slow, deep breaths can help her feel calmer and more relaxed. Try to encourage her to take deep breaths where she can feel her chest rising. When she breathes out it might feel like she's slowly letting the air out of a balloon. She can close her eyes, look at something in the distance or not focus on anything at all. There are many different breathing exercises on line, encourage her to give it ago, you may find one that works. Try calm zone on the Child Line website they have lots.

FIRST AID, KINDNESS, MENTAL HEALTH AND WELLBEING: RED CROSS

The Red Cross have developed a series of activities to complete with your daughter to focus on mental health and wellbeing during the Covid-19 pandemic. An outline of what these cover are listed below:

1. First aid at home
Learn how you can use everyday items to give first aid. Explore our new First aid champions website to learn some key first aid skills. Download first aid at home.
2. Safe and active at home
Stay active with the Isolation games and learn some sports first aid you can do at home. Reflect on how sport can in-

crease adaptability and kindness. Download safe and active at home.

3. Kindness and coping

Build confidence in using first aid by learning some coping skills. Reflect on the importance of helping those in need and being kind. Download kindness and coping.

4. Reflections

Use the kindness calendar to reflect on your kind acts for the week. Could you share your first aid learning with someone else? What are you most proud of?

<https://www.redcross.org.uk/get-involved/teaching-resources/first-aid-and-kindness##>

FAMILY CHALLENGE: RANDOMACTSOFKINDNESS

Could you as a family set a challenge of each member of the family considering the needs of others and completing a random act of kindness? Could you stick the calendar on your fridge? <https://www.redcross.org.uk/get-involved/teaching-resources/kindness-calendar> We would love to hear the things you have been doing? Please email: HUB@brentford.hounslow.sch.uk

DEALING WITH LOSS: YOUNG PEOPLE

Bereavement is one of the toughest things any of us will ever go through. The current isolation and social distancing measures in place in response to the coronavirus pandemic can make the situation particularly difficult. People are not able to be with their loved ones to offer comfort and support in person, and limits on who is able to attend funerals often means difficult choices must be made, making it an even more challenging time for those most affected. Please find below some resources specifically targeted at helping young people to cope with loss:

Dealing with Bereavement

* [Barnardo's](#)

Bereavement and Young People

* [NHS](#)

Giving Hope to Grieving Children

* [Winston's Wish](#)

Supporting Bereaved Children and Young People

* [Grief Encounter](#)

Young People Living After Loss

* [Hope Again](#)

USEFUL HELPLINES TO SUPPORT YOUR DAUGHTER

We know that with this current health crisis and during times of uncertainty, it may feel very overwhelming and challenging, but please remember you are not on your own.

* Young Hounslow

<https://fsd.hounslow.gov.uk/kb5/hounslow/fsd/newyouth.page>

Hounslow's new youth website providing help and support for young people. Use this to find helpful services in your locality.

* YoungMinds Crisis Messenger - text YM to 85258

The Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258. (Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus)

Website: www.youngminds.org.uk

* Childline – 0800 11111 / www.childline.org.uk (online 1-2-1 counsellor chat)

Support for children and young people in the UK, including a free 24-hour helpline.

Childline has launched Calm Zone - an online hub of calming techniques and resources for young people to help them feel better when they feel anxious, scared or sad.

Website: www.childline.org.uk/toolbox/calm-zone

* POPYRUS (prevention of young suicide) - HOPE Line UK 0800 068 4141

Confidential help and advice to young people and anyone worried about a young person

Website: www.papyrus-uk.org

* ChatHealth (Advice for Teens in Hounslow) - Text: 07507 333 176

This service is provided by the Hounslow school nursing service for all young people aged 11-19. You will get a reply within 24 hours from an NHS School Nurse between 9:00am and 4:30pm, Monday to Friday (except bank holidays).

* The Mix - 0808 8080 4994 / www.themix.org.uk

Online guide to life for 16-25 year-olds in the UK. Emotional support is available 24 hours a day. On the website, you can chat about anything you like on their moderated discussion boards and live chat room.

* FRANK - 0300 123 6600 / www.talktofrank.com

Confidential advice and information about drugs, their effects and the law.

* Kooth - <https://www.kooth.com/>

Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people.

- * Connexions – 020 8583 5151/connexions@hounslow.gov.uk
Services are being provided to young people via telephone, Skype, WhatsApp or email. Please call to book a telephone appointment or if you have another query.

USEFUL HELPLINES TO SUPPORT PARENTS AND CARERS

- * Hounslow Community Support Hub
Hounslow Council has launched its Community Support Hub to ensure vulnerable residents who do not have a support network get the support and supplies they need throughout the coronavirus pandemic. For more details, go to www.hounslow.gov.uk/hub
If you or someone you know needs this urgent support, the Community Support Hub can be contacted on 020 7084 9697 or hub@hounslow.gov.uk.

Other Support Lines:

- * Samaritans: 116 123
 - * Age UK Advice Line: 0800 055 6112
 - * NSPCC: 0808 800 5000
 - * Childline: 0800 1111
 - * National Domestic Abuse Helpline: 0808 2000 247
 - * Mental Health Support, Wellbeing and Prevention Team (SWAP): 020 8583 3003
 - * Hounslow Domestic and Sexual Violence Outreach service: 07810031780
 - * SEND information advice and support (SENDIASS): 020 8583 2607
- For advice about special educational needs and disability (SEND) issues SENDIASS@hounslow.gov.uk

DOMESTIC ABUSE SUPPORT

The coronavirus pandemic is presenting very challenging circumstances for people living through domestic abuse and we want victims of domestic abuse know they are not alone.

Specialist domestic and sexual violence service for Hounslow is still open (they can be contacted on 07810 031780 (Open Mon-Fri 9am-5pm) and they have developed new ways of working to support anyone experiencing domestic abuse during the Coronavirus pandemic.

Download and/or share our safety card with friends, family members and neighbours and for more support and advice please visit www.hounslow.gov.uk/dvinfo

Anyone in immediate risk of danger call 999. If it is not safe to speak then you should use the silent solutions service by dialling 999 and press 55 and the police will know this is related to a domestic incident and will be able to help you.

SAFE SPACES IN BOOTS PHARMACIES

Boots pharmacies now offer safe places where anyone suffering domestic abuse can use the pharmacy consultation rooms to contact specialist abuse services for support and advice.

The access to support services in Boots Pharmacies include:

- * 24-hour National domestic abuse helpline: 0808 2000 247
- * Men's advice line: 0808 801 032
- * Signposting to download free mobile app Bright Sky, which provides support and information to anyone who may be in an abusive relationship or those concerned about someone they know.

HOW TO ACCESS SAFE SPACES IN BOOTS PHARMACIES

Simply go into any Boots store and ask at the healthcare counter to use their consultation room. Once inside, all the specialist domestic abuse support information will be available to make any calls in a safe and confidential environment.

