



T&L Times

Edition 13

Welcome

Welcome to our second newsletter of Term 6 and once again we hope that you will find packed with useful information whether you are supporting pupils at home, in school or a mixture of both. There are also lots of ideas for your own personal CPD too. As always we start with our quote which in this edition is about supporting each other when we starting to feel a little tired and weary.

“Sometimes, what we need is not a push but rather a pull to keep going.”



Great Games

The benefits of physically active play and fresh air are well known. Child development and health experts agree that it develops coordination and motor skills, boosts energy and immunity, reduces stress, and promotes well-being.

Another key part of play is social interaction and the lessons it offers in sharing, turn-taking and co-operation. But when physical closeness is so much a part of play, how can children reap the benefits and still maintain social – or, more accurately, physical – distancing?

Child development expert Dr Amanda Gummer says, “As long as kids can understand the rules and see there has been a gradual relaxation, I think they’ll manage. All families have rules and it’s going to have to be one of those which you discuss before you go out. Just focus on the positives, that they can go out and just be together. I think it’s brilliant.”

The following are suggestions of games which can be played on playgrounds and fields and will not require contact

- **Scavenger hunt**
- **Nature art**
- **Bean bag toss**
- **Ball games**
- **Pavement chalk activities**
- **Traditional playground games**
- **Party games**

To find out details on each game then click on the picture



Wonderful Webinars

EduPod are offering a range of free webinars either live or pre recorded, The following are available:

22nd April: [The impact of COVID-19 on Mental Health in the Education Sector by Dr Asha Patel](#)
29th April: [What is a Whole School Approach? by Dr Asha Patel](#)
6th May: [Domestic Abuse & The Impact on Children: What Can Schools Do? By Dr Asha Patel & Jane Evans](#)
13th May: [Gangs & Violence: Supporting Students. By Robin Thompson & Dr Asha Patel](#)
20th May: [The Role of a Mental Health Lead in Education by Clare Erasmus & Dr Asha Patel](#)
27th May: [Inclusive Education: Supporting LGBT+ Students by Adam McCann & Dr Asha Patel](#)
3rd June: [The Sleep Clinic: Improve Your Family's Sleep by Dr Maja Schaedel \(Clinical Psychologist\) & Dr Zoe Schaedel \(GP\)](#)
10th June: [Supporting Staffs Mental Health in Schools by Anni Poole](#)
17th June: [Using Emotion Coaching in Educational Settings by Dr Licette Gus](#) **Free to download till 25th June.**
18th June: [Emotionally Regulating Our Students by Dr Karen Treisman](#)
24th June: [Using Therapeutic Strategies to Manage Behaviour That Challenges Us by Clare Edmundson](#)
2nd July: [Understanding Loss by Mike Armiger](#)
8th July: [Understanding Attachment in Educational Settings by Dr Sarah-Jane Knight](#)

Cracking Challenge

Medway Libraries have launched the Summer Reading Challenge with a social distancing spin on it.

<https://m.facebook.com/SummerReadingChallengeUK/>



Encourage your school, class or even your own family to sign up and be part of the
Super Silly Summer Reading Challenge Challenge

Super Support

How can school leaders support staff, pupils and families as they transition back from their

This framework is designed to help schools think about possible ways forward in terms of the emotional wellbeing and mental health of their pupils and staff over the next few months.

The framework consists of eight steps. For each step you'll find examples of how to put it into practice

1. Keep in touch with the school community.
2. Review your wellbeing and mental health provision in light of the lockdown.
3. Plan for a welcoming transition.
4. Communicate your strategy for coping with wellbeing and mental health issues to the whole school.
5. Provide training on the emotional wellbeing and mental health implications and consequences of the lockdown.
6. Provide signposts to appropriate online help for pupils, staff and families with emotional and mental health needs stemming from the lockdown.
7. Establish a new 'normal'.
8. Focus on staff wellbeing.

To access the framework then [CLICK HERE](#)

Great Guides

Parent zone have a range of parent guides which might be really useful to your parents. The list of guides available are below. Click each title to go the specific guide.

- [Amazon Prime](#)—Setting safety and purchase restrictions.
- [AC: New Horizons](#)—Everything you need to know about the Nintendo game.
- [Apex Legends](#)—Everything you need to know about the battle royale game.
- [Clash of Clans](#)—What parents need to know about the game kids love.
- [Critical Thinking](#)—Help your child question what they see online.
- [Digital Detoxing](#)—Does your child really need a digital detox?
- [Discord](#)—All you need to know about the popular chat service
- [Disney+ -](#) Everything you need to know about Disney's streaming service
- [Esports](#)— What are esports? What do parents need to know?
- [Facebook](#)—Info and advice on the latest features and updates.
- [Facebook Portal](#)—The new family of gadgets for video chatting
- [Family games](#)—Family-friendly titles for tablets and phones.
- [Fortnite](#)—Your guide to the online multiplayer gaming craze
- [Game age ratings](#)—PEGI game certifications explained for parents.
- [HP: Wizards Unite](#)—Everything you need to know about the AR game.
- [Houseparty](#)—Everything you need to know about the video-chatting app.
- [Influencer Marketing](#)—All you need to know about vlogging/influencers.
- [In-game chat](#): What you need to know and associated risks
- [Instagram](#)- Details on the hugely popular photo-sharing platform.
- [LGBTQ+](#)-Advice and information on all issues around LGBTQ+.
- [Live Streaming](#)- All you need to know about live streaming.
- [Minecraft](#)-How to stay safe using the ever popular game.
- [Netflix](#) -Chill - we have Netflix parental controls covered.
- [Netflix Party](#)-The new way to stream with your loved ones – remotely.
- [Nintendo Switch](#)-Nintendo's new family-friendly console.
- [Peer Pressure](#)- Dealing with negative influence online
- [Pokémon Go](#)—Helping your child catch Pokémon safely.
- [Secret Conversations](#)-Learn more about Facebook's secret messaging service.
- [Self-Esteem](#)-Our free guide to boost your child's self-esteem.
- [Skype](#)-The video calling app tested for families.
- [Snapchat](#)-Information and advice on the photo & messaging app.
- [Social Media apps](#)-A guide to the most popular apps your child may be using.
- [TikTok](#)- Everything you need to know about the video app
- [Traumatic events](#)-How to talk about traumatic events with your child
- [Twitch](#)- A complete guide to this popular live-streaming service.
- [Virtual Reality](#)-All you need to know about the latest techy craze.
- [WhatsApp](#)-The social media app that makes family communication easy.
- [YouTube Kids](#)-YouTube's younger sibling, created specially for under 13s
- [Zoom](#)- Everything you need to know about video-chatting service.



For the complete list of guides in one place then click: <https://parentzone.org.uk/advice/parent-guides>

Digestible Documents

This week we look at an article about how 'Marcus Rashford's FSM victory must create real change'

Marcus Rashford's campaign achieved a wonderful result - but summer holiday food poverty cannot return as an acceptable social norm

Courthouse Green is a large, inclusive primary school based in Coventry that looks after 700 children from ages 2-11.

Sadly, of these children, 32 per cent are in the vulnerable category that means they are entitled to free school meals.

With Covid-19 wreaking havoc on our economy and many households, this number is certain to rise, as more and more families are facing extremely difficult financial pressures.

Marcus Rashford identifies with many of our children here at Courthouse Green and his achievement in persuading such an important government U-turn on the provision of free school meal vouchers, which will ensure our children will be fed this summer, is an astonishing and welcome moment of relief in these tough times.

Marcus' selfless demonstration of his commitment to support those less fortunate than himself is a true act of philanthropy and kindness and we will all benefit from looking at how he has presented himself throughout.

It's just a shame that this was even up for debate in the first place.

Why are we letting children go hungry?

Every child deserves to have a nutritious meal three times a day. It appals me that anyone should think anything to the contrary.

Yet, year on year we witness the challenges that our parents face over the long summer holidays,

trying to juggle the many demands on their finances as their food bill more than doubles.

It is a real concern for us all.

Covid-19 has heightened the challenges for our parents across the socioeconomic scale, as they find themselves facing much graver financial difficulties for the foreseeable future, with unemployment on the rise and zero-hour contracts providing no job security.

With the vouchers amounting to £15 per week, per child, a family with two children will receive £120 a month towards their food bill, which really helps.

This little bit of financial support, alongside the furlough schemes and grants, will hopefully allow the majority of our parents to not just survive the holidays with their children, but bring a little bit of enjoyment and a much-needed reprieve from the daily worries around feeding their family.

A yearly problem

However, as Marcus acknowledged in numerous interviews, the government's decision is a step in the right direction, but it only provides a six-week reprieve, so there is much more to be done.

A mighty challenge for us at the start of lockdown in March was getting food to our children who are entitled to free school meals.

Although, as a school team with our main focus always on the well-being and safety of our children, we acted quickly and developed a voucher system by day two of lockdown.

Unfortunately, due to the late implementation of the government's FSM scheme, many schools and families were pushed to the brink.

There are also many families that have fallen through the net when it comes to this scheme as they

have only just found themselves in the vulnerable category and are not on the system as yet.

Logistical headaches

Another difficulty is the logistics around spending vouchers and redeeming the food, as there are still only a number of outlets that are part of the current scheme.

Therefore, we've had parents who are self-isolating, or without cars, that are unable to get to these outlets even though they have vouchers to spend and are very much in need.

Thanks to the heroic efforts of our teachers and pastoral support, we have done our utmost to help out.

But this is far from ideal going forwards.

Not only this, but as 28 per cent of parents at our schools speak English as a second language, they often experience difficulties accessing and understanding the online application forms, so perhaps there needs to be more guidance or help at hand.

Perhaps most fundamentally, we cannot allow a situation to occur in which families and their children are finally freed from the burden of summer food poverty and financial strain, only for it to return next year, or the year after that.

I hope Marcus Rashford's wonderful efforts this year lead to a wider debate about a much-needed overhaul of the FSM system including a fresh look at the voucher scheme and an ongoing commitment for summer, Easter and Christmas holiday support.

Children across the UK deserve this and so much more.

Sarah Malam is CEO of Triumph Academy and took her third headship role at Courthouse Green in 2009