

Newsletter

Live, love, learn

Let us spur one another of acts of love and good deeds. Hebrews 10:24

22nd January 2021



Resilience and perseverance

As we continue into home learning and the reality of the national lockdown, two key attributes we need are resilience and perseverance. The first few weeks of term have definitely been challenging and we are all finding our feet again with home learning and providing for those children in school.

It has been a pleasure to see all the learning completed at home and in school and you are all doing a great job.

We are all aware of the great challenges of working from home, supporting your children and balancing your normal day to day activities. For some, these challenges may feel overwhelming. Please reach out to us for support if you need it. You can also access online guidance, such as this provided by HM Government: <https://www.gov.uk/guidance/supporting-your-childrens-education-during-coronavirus-covid-19>

My message to you all is that your and your children's mental health and wellbeing must be your number one priority. As an educationalist, I believe firmly in promoting education but I also know a stressed, anxious or upset child does not learn well. I am not suggesting you abandon learning, instead look at the barriers and find solutions; be resilient and persevere.

Keep your learning positive. Adapt your recording, add in extra resources or make learning a game if you need to. Think about how you can make the learning engaging for your child.

Our staff have had to be resilient and persevere in the face of shifting expectations and provisions. They continue to do a superb job and I am very grateful for that.

Please keep in close contact and just ask if we can support you at home in any way.

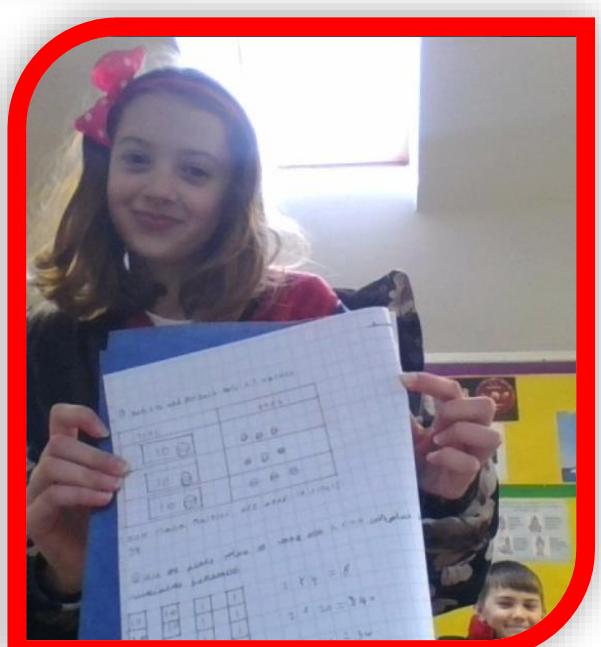
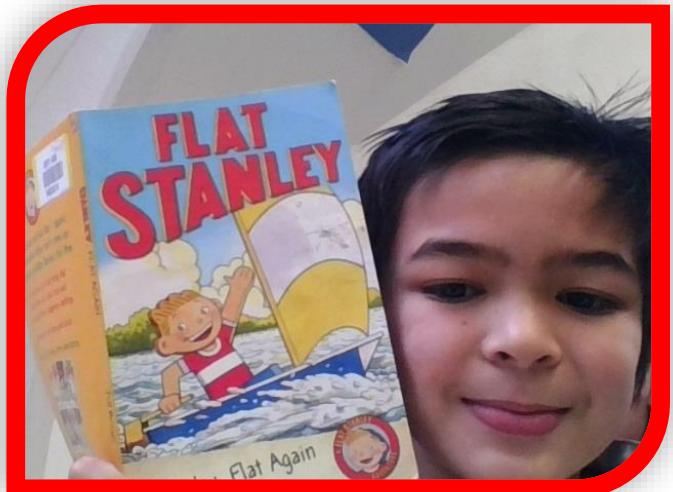
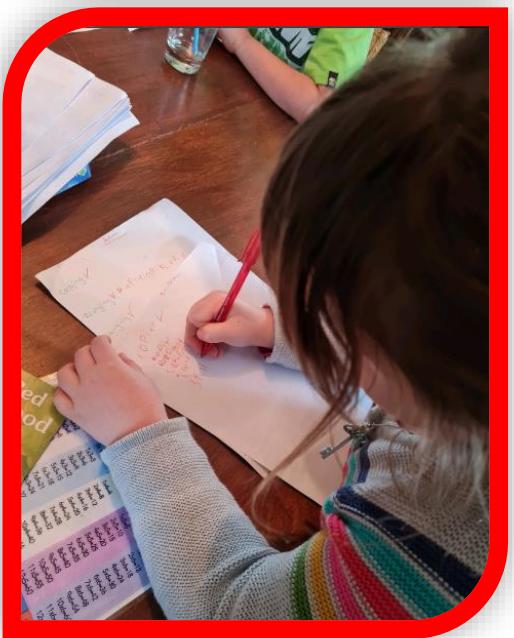
Updates on provision:

The DMAT continue to source digital devices to support those most in need at home. As soon as we have taken delivery of these we will be distributing to parents. Thank you to parents and members of the community who have donated devices to the school.

Free school meal provision will be moving to the national voucher scheme from this week. Information on how to claim and your vouchers will follow soon.

The school remains open for key worker and vulnerable children. We have very quickly reached our maximum capacity and government advice is still that children should be educated at home if it is safe and possible. Nonetheless, if you are a key worker or your child is classed as vulnerable and you require a school place, we will facilitate provision for you.

What we have been up to:



Anxiety UK

Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: www.anxietyuk.org.uk

CALM

CALM is the Campaign Against Living Miserably. A charity providing a mental health helpline and webchat.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

Men's Health Forum

24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.org.uk

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: www.mentalhealth.org.uk

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

Refuge

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Website: www.refuge.org.uk

Relate

The UK's largest provider of relationship support.

Website: www.relate.org.uk

Family Lives

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: www.familylives.org.uk

NSPCC

Helplines

[Help for adults concerned about a child](#)

Call us on [0808 800 5000](tel:08088005000)

[Help for children and young people](#)

Call Childline on [0800 1111](tel:08001111)

admin@exbourne-primary.devon.sch.uk

01837 851205

www.exbourne-primary.devon.sch.uk