



Bulphan
Church of England Academy



Newsletter

Thursday 2nd April 2020

*God's Word is a lamp to guide our feet and a light for our path.
Inspired by Psalm 119:105*

Dear Parents / Carers,

I hope you and your families are well and continue to be well.

The last few weeks as a headteacher have been very busy, unprecedented and like no other I've experienced as a teacher. I wish I could bring you news of when we may be returning to school but like you I only know what we are told by the Government on a daily basis and I fear that for the foreseeable future we will be staying safely at home.

Home Learning

I hope that home learning is going well for you. The packs we sent out were designed to last for 2 weeks – possibly longer. New home learning packs will be put on the school website after the Easter holidays. You can then choose how you tackle home learning with your children in a way that suits you. Please feel free to share with us any great things you have been doing by emailing us at admin@bulphanprimary.thurrock.sch.uk and we'll start to add these to our Twitter page or post on Twitter yourself and link us to your posts - @BulphanAcademy. We have had some photos sent in already and we have really enjoyed seeing what wonderful things you have been doing at home!

Critical Workers

Please could I ask anyone who meets the criteria for school supervision to please book in hours for the week beginning Monday 20th April by sending an email to admin@bulphanprimary.thurrock.sch.uk stating what days you need child care for. Thank you – this will help us with staffing for after the Easter break.

As we approach the Easter holiday break the school will now be closed for 2 weeks as we have had no requests for spaces for children of critical workers. I will continue to monitor the admin emails if you need to get in touch and ask us anything.

Take care everyone. Stay strong, stay safe, stay well.

Miss Finch
Headteacher

Mental Health

The next few weeks and months will undoubtedly take their toll on us all physically but it is so important we all think about our Mental Health too. This is also true for our children as well as ourselves. Below are some links and tips to keep our minds healthy.

Government Guidance on mental Health during the Covid-19 outbreak:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

NHS Guidance

<https://www.nhs.uk/oneyou/every-mind-matters/>

Charities offering advice

<https://youngminds.org.uk/>



Useful Numbers

Below are some useful numbers that may be of help to you. Remember to always get in contact with anything that is troubling you or we may be able to help with – admin@bulphanprimary.thurrock.sch.uk

Child line

Freephone: 0800 1111

<https://www.childline.org.uk/get-support/>

There is also a devoted Covid-19 site

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Foodbank

01722 580 180

enquiries@trusselltrust.org

<https://www.trusselltrust.org/>

HomeStart

<https://www.home-start.org.uk/Listing/Category/support-for-families-during-covid-19>

This site includes activities, help with routines at this time and a wide range of telephone support lines.

Want to explain Covid-19 to children but not sure how to?

You may have already done this or may feel that it's not appropriate for your child but I was sent this link by a friend so thought I would share. On this site you can create a personalised book to share with your child and download for free as a PDF. It explains Covid-19 simply and is suitable for under 7s. Children love to see their name in print and it's free!

<https://www.giftsonline4u.com/topics/ebook/ebook-an-easy-way-to-explain-the-coronavirus-to-children/?fbclid=IwAR1zjEnjGlnfsGQOFce4gUOUfEi-V-ODsncUJpBX4yzphAQUGQ9pHEzbdJc>

STAY SAFE
AND STAY
POSITIVE