



NORTON CANES HIGH SCHOOL

Aspire, Achieve, Expect to Succeed

Safeguarding Newsletter 3

March 2020

*“A vigilant school is a safer school.”
“Stay Home. Protect the NHS. Save Lives.”*

I hope this newsletter find you well and healthy in these “unprecedented” times. I’m not sure I will completely get used to my new working lifestyle. I hope I don’t. I hope a day comes soon where the situation changes, enabling the government to reopen schools. Until then, we will continue as we are; providing education and supporting our students, just in a different way.

You will know that our school is closed, except for vulnerable students and those whose parents are critical workers. The essential support our school is providing the community will continue throughout the Easter holidays and beyond, if required.

The vast majority of our students, however, will be educated remotely at home, via the school’s website through “One Drive” and Show My Homework”. If your child is experiencing any difficulties they can email their subject teacher direct or you can contact the school on 01543 622600. Please leave a message and a member of staff will contact you.

Whilst we hope the procedures we have put in place support our students and their families, we appreciate that in these times; there can be strain and stresses, particularly whilst we remain indoors. Can I remind everyone, that our school continues to be a hub of support. If you have any concerns, please contact school and a member of staff will return your call. Alternatively, email the school on office@nortoncanes-high.staffs.sch.uk. You can also find more areas of support in the “Student’s Section” below.

If your child is in receipt of “free school meals”, you will have received a shopping voucher from us, for the Co-Op. A similar scheme will continue and you will receive more information this week. Can we please inform you that we have heard of “scams”, targeting those in receipt of free school meals. If you receive a letter or phone call asking for personal information, please ignore and report to your local Police.

Student’s Section

We appreciate that school is a beacon of support to many of you, especially to those who struggle with mental wellbeing. Can I please ask you to consider the following, during this period of extended school closure:

-  It’s good to talk/share. Please don’t keep problems to yourself. If you don’t believe you can talk to someone at home, reach out to another member of your family, a trusted friend or your doctor.
-  [‘Kooth’](#) link – A free, online mental health support tool for young people aged 11- 18 (and up to 25 with SEND). This gives young people the



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opportunity to speak with a counsellor, give daily updates of their mental health and talk with other young people online!

- 🦋 [‘Hub of Hope’](#) link – a directory of mental health online support tools for all – Simply type in your postcode and it will provide you with support information available near you.
- 🦋 “Childline” – If you have any concern you can contact Childline on 08001111 or access their website on <https://www.childline.org.uk/>
- 🦋 Isolation tips – it can be difficult staying in the house each and every day. Consider the following; 1) Stick to a routine, 2) Exercise daily, 3) Eat Healthy, 4) Start a hobby and set SMART targets, 5) Remember, what you are doing is for a reason. You are doing your part and should be proud!
- 🦋 Stay Safe, Protect the NHS, Save Lives – please ensure you stay indoors. You should only be leaving the house if you are involved in daily exercise or for medical reasons. Please leave food shopping to parents/carers.

Parent/Carers Section

Although we informed students of the Corona Virus prior to school closure, there may still be questions your child may have. We would ask that you speak to your child to reassure any concerns they have. It can often be better than allowing them to seek information from social media that is often misleading. Please consider the information below when speaking to your child:

- 🦋 **It is good to talk:** Children will have heard about Coronavirus and likely noticed changes around them (such as people wearing face masks). It is important they feel comfortable talking to you about Coronavirus as you will be the best source of information and reassurance for them. It’s also likely they will talk to their friends or other children, which can involve imagination and misinformation. So having the chance to check-in with you is even more helpful.
- 🦋 **Be truthful but remember your child’s age:** It is better for children to take an honest and accurate approach – give them factual information, but adjust the amount and detail to fit their age. For example, you might say ‘we don’t yet have a vaccination for Coronavirus, but doctors are working very hard on it’ or ‘a lot of people might get sick, but normally it is like a cold or flu and they get better’. Younger children might understand a cartoon or picture better. We also recommend that adults watch news programmes and then filter this information to their child in a developmentally appropriate way.
- 🦋 **Allow children to ask questions:** It is natural that children will have questions, and likely worries, about Coronavirus. Giving them the space to ask these questions and have answers is a good way to alleviate anxiety. Again, try to be honest in your responses – it is ok to say you don’t know. At the moment, there are questions we don’t have answers to about Coronavirus – you can explain this to your child and add in information about what people are doing to try to answer these questions. Maybe your child has an idea too – let them tell you or draw them.



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-  **Try to manage your own worries:** Uncertainty can make all of us feel anxious or worried. Identify other adults you can talk to about your own worries and questions. What things usually help to make you feel a bit calmer? If you are at home, music, breathing and relaxation techniques, distraction (such as watching something funny), and time with family members or pets can all help. Talk to your children when you feel calm – it will reassure them.
-  **Give practical guidance:** Remind your child of the most important things they can do to stay healthy – washing their hands and the ‘catch it, bin it, kill it’ advice for coughs and sneezes. Help your child practise and increase their motivation for keeping going (maybe thinking of a song they want to sing while washing their hands).

Can I take this opportunity to thank you all for your continued support. We appreciate the difficulties you may experience, supporting your child’s education at home. If you have any questions or concerns, please contact us at school on 01543 622600 or through our email, office@nortoncanes-high.staffs.sch.uk.

Kind regards,
Mr Stokes
Assistant Headteacher (inclusion)