



Information for Parents/Carers during the School Closure

Key Staff Contacts

Learning/Home Tasks Questions/Concerns

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Caring for your child during the COVID19 Crisis

Talking and sharing feelings

1. Start with your child and how they feel.

- If your children are anxious and need reassuring then start by asking them what they know. Ask them; “What do you know already?”
- Ask them what they feel about it what they know or think they know. Ask them “How do you feel about it?”
- If you are feeling anxious or panicky about the situation share your feelings with a friend/ adult family member. Sometimes we can burden our children with our worries without meaning to when we are overwhelmed.

2. Protect and carry the anxiety for them

- Our job as parents/carers is to carry and hold anxiety for our children. Children are often over exposed to information that is not age appropriate and ‘fake’ news is easily accessible – either through over hearing conversations or being exposed to it online.
- Be mindful of how you talk to other people in front of your children and how you talk to them about the situation. Panicking and being overly anxious in front of them will increase their anxiety.
- Remind them to wash their hands regularly but keep it firm but low-key and calm. Children are like sponges – they look to you and will copy your behaviour and pick up on your anxiety.

3. Limit time/ avoid information overload!

- Limit your time and their time on news based social media and news. Be mindful of what you are watching and listening to. It’s important to stay informed and educated but too much information for too much time can overwhelm us all!

4. Be honest and transparent

- On the other hand, we need to be transparent and share age appropriate information. Children will pick up on our anxiety and trying to pretend that nothing is happening can increase anxiety as children can panic and their imaginations can spiral if we don’t inform and educate them.
- When you talk to your child don’t use lines from social media or the news that you have read. Adapt your language so that you use language and words you would normally use when talking. You can reassure them while staying factual. The disease does not tend to cause serious



symptoms in children. Some people have the virus and don't even know they have it – they are asymptomatic.

Dealing with being in isolation/school closures

1. Give structure to the day

- Try to structure the day.
- Maintain normal routine as much as possible.
- Get up at the same time and keep a bedtime routine.
- Children like routine as it makes them feel safe and the world predictable. In such unpredictable times having routine is a good thing for us all!

2. Divide the day into a timetable

- Make a timetable together. Divide the day into times for school work, reading, games, online time, breaks, relaxation etc.

3. Build in exercise time

- Try to build into the day time to exercise.
- Do an exercise video together online – YouTube has lots of options.
- Try skipping, star jumps etc.
- Exercise burns off stress hormones and burns up excess energy.

4. Focus on Five key skills

- Focus on five key skills that you and your child would like to learn during this time. Make a list together. Some ideas:
 - i. learn a new language – there are lots of free language apps
 - ii. learn to sew or knit
 - iii. learn to cook – make a recipe book together
 - iv. learn to paint/draw – lots of tutorials online
 - v. learn to make pompoms
 - vi. learn yoga – lots of tutorials online
 - vii. improve your football skills

5. Build in time to FaceTime/Skype

- We are social creatures and need contact with each other. Build in time to FaceTime/Skype friends and family.

6. Enjoy the time together and ask yourself 'What is the best I can do in the situation I'm in?'

- Often in life and definitely at the moment we cannot change the situation we are in. We can always change and choose our reactions to a situation though. Enjoy the time together. Try and stay positive and be mindful of the present moment!

7. Make sure that you look after yourself and build in some 'self care'

- Make sure you build in some time to look after yourself. Try to have some 'timeout' for yourself if you can manage it. Remember that you have needs too and we all need some space and time alone.

Remember that 'all storms run out of rain' and this season will pass too.



Families with English as an additional language

Mantra Lingua are offering 3 weeks of free access to their dual language eBooks. This is good for families for whom English is an additional language but also is fun for all our children. Learning another language is brilliant for everyone! You could learn a new language together!

To access this library of books, please visit our website 'read.mantralingua.com' and paste the following access code **4599813112289105**.

Clicking the arrow will prompt you to set up an account. Your username will be your email address and you can set your own minimum-8 character password.

Once done so, you will have access to the books for use via any web browser or through their dedicated app for Android and Apple devices.

<https://www.doctorsoftheworld.org.uk/coronavirus-information>

Doctors of the World are really pleased to be able to share with you Coronavirus (COVID-19) advice for patients in 20 languages, which were produced in partnership with the Red Cross, Migrant Help and Clear Voice:

Available now: **English, Albanian, Amharic, Arabic, Bengali, Dari, Farsi, French, Hindi, Kurdish Sorani, Malayalam, Mandarin, Pashto, Portuguese, Somali, Spanish, Tigrinya, Turkish, Urdu, Vietnamese**

Coming VERY soon: **Polish, Punjabi, Romanian**