

Thursday 26<sup>th</sup> March

Dear Parents,

I do hope this letter finds you all safe and well. The Uley staff and I really miss the daily contact and interaction with yourselves and the children, and we hope the children are partaking in some of the activities sent home. The sun is shining! I will assume you are taking some time to enjoy the sun while it lasts – in the garden of course, or on your one outing a day as part of your daily exercise!

The last couple of weeks have been a huge challenge for everyone and I would like to spend some time to pause and reflect on what has been put in place and what we all need to continue doing.

Let us remind ourselves of some of the ways we need to stay safe and help support the government's action plan.

### **Keeping Safe and Well**

- <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- <https://www.bbc.co.uk/news/health-51711227>
- Stay at home - only go out for food, health reasons or work (where this absolutely cannot be done from home) once a day
- No unnecessary journeys or social contact – public gatherings of more than two people are banned
- Stay 2 metres (6ft) away from other people
- Wash your hands for 20 seconds with soap and hot water
- If unwell, isolate yourself and your family
- Keep in touch with one another

### **Social Distancing**

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

### **Provision for Vulnerable Children and Critical Keyworkers – see letter attached in the email**

The message remains the same...

The Government guidance makes clear the following important points:

- If children can stay safely at home, they should, to limit the chance of the virus spreading.
- The government has asked parents to keep their children at home, wherever possible, and asked schools to remain open only for those children who absolutely need to attend.
- Fewer children making the journey to school, and the fewer children in educational settings, the lower the risk that the virus can spread and infect vulnerable individuals in wider society.
- If it is at all possible for children to be at home, then they should be.

## Support with Learning at Home.

I do hope that you have found the activities we circulated useful so far, and that you have started to establish a daily routine. The way that communication happens as we know it has changed dramatically and we are all having to get used to this very virtual situation!

As you know we have set up a communication system to support learning. Class teachers and support staff will be available (unless unwell to do so) during term time to send any work or to ask any questions regarding supporting the education of your children during these extraordinary times. We anticipate that due to the number of emails the teachers may have to respond to, they may not be able to email instantly, so please be patient with us.

[class1@uley.gloucs.sch.uk](mailto:class1@uley.gloucs.sch.uk)

[class2@uley.gloucs.sch.uk](mailto:class2@uley.gloucs.sch.uk)

[class3@uley.gloucs.sch.uk](mailto:class3@uley.gloucs.sch.uk)

[class4@uley.gloucs.sch.uk](mailto:class4@uley.gloucs.sch.uk)

There is a wealth of information being circulated at the moment, and I don't know about you, but it is somewhat overwhelming! The information and packs that we have circulated are there for you to utilise as you see fit, depending on whether the children are well enough, engaged enough or whether the sun is shining and you just want to go out and play outside; it is there to support you as are we. The plan for after Easter is to forward a weekly activity web. This web will be linked to the topic for the summer term and gives you some activities that don't require too many resources and can be worked on throughout the week. If you find other activities, then that is ok please use them.

## The School Office

Carol, Lisa (Family Support) and I can be contacted through the usual email address [admin@uley.gloucs.sch.uk](mailto:admin@uley.gloucs.sch.uk). This email will be checked regularly. Do expect a phone call from us from time to time too!

## Health, Wellbeing and Support Network

Attached to this email you can find some mindfulness activities for all to use.

- Turn your worriers into warriors activities
- Equal breathing meditation
- Minute brain break

I have also attached the last two letters from Glos families which gives you information and details of place for support.

**GL11 Community Hub** are currently looking for ways to support vulnerable families during this time. They are currently running a Food Bank and in some cases are able to deliver. Please call 01453 548530 if you need any assistance.

**Gloucestershire Counselling Service** has set up a telephone and video call counselling service. Self-registration is via the website [www.gloscounselling.org.uk](http://www.gloscounselling.org.uk). The service is for children, young people and adults and there is a small fee.

**Glos Families Directory** This is a directory of support, all in one place.

<https://www.glosfamiliesdirectory.org.uk/kb5/gloucs/glosfamilies/home.page>

**Gloucestershire Community Help Hub** Gloucestershire's councils and partners have created a community help hub to connect local people who need help, with others who can provide the support they need. As further measures are put in place to delay the spread of Covid-19, local people have already started to pull together to arrange help in their area for those who need it, but not everyone has existing connections. In response, the council's across the county have come together with the police and health partners to create the hub to connect local people who need help, with individuals, groups and businesses who can provide the support they need.

The hub includes four forms:

- 'I can offer help' – is for those who are able to support neighbours with tasks such as picking up prescriptions, shopping, dog walking and more.

- 'I need help' – can be used by individuals to ask for support
- 'My neighbour needs help' – may be used by people to request help on behalf of a neighbour, relative or friend who cannot access the internet themselves
- 'My business can help' – will allow local businesses who may have skills and resources others could benefit from, to offer their help
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People who cannot go online can register by phone on 01452 583519 Monday to Friday from 8.30am to 5.00pm. If you're part of an existing community group who can offer help locally, we'd still like you to register. The information collected will be shared daily with the relevant local council who will connect people who can help each other, or if appropriate refer individuals to an existing service.

<https://www.glofamiliedirectory.org.uk/kb5/gloucs/glofamiliedirectory/site.page?id=u1TP66PLBS0>

### **Safeguarding Children**

Safeguarding children is everybody's responsibility.

Uley Designated Safeguarding Leads are available should there be any safeguarding concerns. Please phone the school 01453 860350. If there is no reply please leave a message **and** email [admin@uley.gloucs.sch.uk](mailto:admin@uley.gloucs.sch.uk).

### **Out of school hours contact numbers:**

If you are worried or concerned about anyone under 18 who you think is being abused or neglected, or that a child and their family need help and support, please contact the Gloucestershire Children and Families Front Door which is open from 9am to 5pm:

Telephone: 01452 426565

Email: [childrenshelpdesk@gloucestershire.gov.uk](mailto:childrenshelpdesk@gloucestershire.gov.uk)

If you have concerns about the immediate safety of the child or you believe a serious criminal offence has been committed please contact the Police at any time on 101.

In an emergency, always dial 999

Thank you everybody for your continued support and understanding during these very difficult times. Please continue to keep yourselves safe and well.  
Keep in touch!

Zoe Mandeville and the Uley Team