



All Saints Catholic School Pastoral Bulletin

Dear Parents and Students

We hope that you had a pleasant half term and were able to enjoy a period of rest and time together as a family. As we move into a period of Lenten observance, we are reminded of the fasting that Christ undertook prior to taking up his mission and public ministry. Therefore, it is equally important that we prepare ourselves for Easter through prayer, self-reflection, small acts of service and sacrifice. We are called to confess our failings and resolve to live out holiness in imitation of Christ.

The great saints of our Church continually express the importance of the family and the love that is shared being strong enough to overcome any difficulty. 'As the family goes...so the nation goes...so civilisation goes.' St. John Paul II.

During this period of Lent, I propose that one of the simplest ways of fasting will be through abstaining the use of technology in the evenings. This will give us the opportunity to spend greater time together, improving our wellbeing and relationships with God; talking and reflecting on our days, strengthening the family unit and preparing for Easter.

Included in this bulletin therefore are helpful tips and activities that can be completed with your children. I have included some additional support networks and advice for families as they prepare for the reopening of school.

As always if you need any additional support, please feel free to contact me.

Yours in Christ,





Mr R Poddington

Increased family time




1. No-Screen Time – talk about what is on their mind.
2. Play a game
 1. If you were an animal what would you like to be and why?
 2. Word association and rhyming games
3. Family Reading Time – take turns listening to each other's books, describe your favourite character in the book.
4. Family Walks
5. Set a wish list of places you and your child want to travel to or places they want to see. Explain why they are of interest.



Resources for developing positive mental health at home







	Anna Freud Centre: A list of strategies young people can use to take care of their own mental health (not specific to coronavirus) www.annafreud.org/on-my-mind/self-care/
	The Mix: Practical guidance on how to deal with coronavirus-related anxiety <ul style="list-style-type: none">• How to deal with corona-anxiety www.themix.org.uk/mental-health/anxiety-ocd-and-phobias/how-to-deal-with-corona-anxiety-35761.html www.themix.org.uk/your-body/using-health-services/coronavirus-health-advice-you-can-trust-35701.html
	Beat Eating Disorders: Guidance on dealing with issues/concerns in regard to coronavirus and eating disorders www.beateatingdisorders.org.uk/coronavirus
	The Children's Society: General and coronavirus-specific advice <ul style="list-style-type: none">• Mental and emotional wellbeing issues including anxiety and loneliness COVID-19 news and young people's stories including social media tips, staying safe online, sleep, and coping with spending more time at www.childrenssociety.org.uk/coronavirus-information-and-support

Resources and activities to help you with conversation about Coronavirus and its impact on society

	NHS: Coronavirus Factsheet for kids • 2½-minute video of the factsheet with audio narration
	Konnie Huq: A kid friendly guide to the coronavirus <ul style="list-style-type: none">• YouTube video (20 minutes) explaining coronavirus• Includes tips on how to cope with social isolation and ways to relax.
	NPR: Just for Kids: A Comic Exploring the New Coronavirus <ul style="list-style-type: none">• An easy explanation of COVID-19 for children• Download printable version using the link on the page



Resources in case you or your child need additional help at home

	<p>CAMHS notes to provide appropriate advice and support</p> <ul style="list-style-type: none">• Helpline: 0300 555 1000 (available all hours outside of CAMHS hours) <p>If you are facing a life-threatening emergency, a very risky or dangerous situation, or are unable to keep yourself or others safe, you may still need to attend A&E or call an ambulance and/or the Police on 999.</p>
	<p>The Samaritans: Dedicated volunteers will continue to support anyone in crisis from branches, wherever possible, during this challenging time</p> <ul style="list-style-type: none">• Helpline: 116 123 (available anytime)
	<p>Papyrus: Suicide Prevention Advisors provide help for young people under the age of 35, or anyone who is concerned about a young person.</p> <ul style="list-style-type: none">• Helpline: 0800 068 4141 (9am-10pm Mon-Fri, 2pm-10pm weekends and bank holidays)• Text: 07860 039967
	<p>Young Minds: 24/7 texting service, free on all major mobile networks, answered by trained volunteers who are supported by experienced clinical supervisors.</p> <ul style="list-style-type: none">• Text: YM to 85258 (available anytime)
	<p>Shout: 24/7 texting service, free on all major mobile networks, for anyone in crisis anytime, anywhere.</p> <ul style="list-style-type: none">• Text: 85258 (available anytime)
	<p>Winstons Wish: 24/7 support for young people if someone close to them has died.</p> <ul style="list-style-type: none">• Crisis Messenger: Text WW to 85258 (available anytime)





Advice for parents about online safety and digital wellbeing

Know how many social media sites your child uses. How many people can see their profiles?

What do they talk about?

What information do they share about themselves with others on-line?

 <p>Havering LONDON BOROUGH HES Dedicated to education</p>	<p>Remote Learning – Keeping Children Safe Online Internet Matters Expert support and practical tips to help children benefit from connected technology and the internet safely and smartly</p> <ul style="list-style-type: none">• London Grid for Learning for support for parents and carers to keep their children safe online• NSPCC Net-aware Let's keep kids safe online: Your guide to social networks, apps and games• Parent info Help and advice for families in a digital world• Thinkuknow – Education programme from the National Crime Agency to stay safe online – includes home activity packs created to support parents during the coronavirus period, containing 15-minute do at home with their child <p>UK Safer Internet Centre – Tips, advice, guides and resources for parents and carers to help keep children safe online</p>
 <p>BBC</p>	<p>BBC: Own It keyboard and app</p> <ul style="list-style-type: none">• Helps young people make smart choices, feel more confident and get advice when its needed• Builds a picture of a child's digital wellbeing to help them understand the impact that their online behaviours can have on self and others <p>www.bbc.com/ownit/take-control/own-it-app</p>



Talking to your child about their concerns or conflicts



'We are one in Christ'



RUAH RESTORATIVE PRACTICE

The Six Key Questions

What has happened?

What were you thinking at the time?

Who was affected?

How were they affected?

What needs to be done to put things right?

What do you need to do differently in the future?



Respect - Understanding - Affection - Humour