

Date: 14/12/2020

Dear Parents/Carers

Safeguarding Update

The events of the last year have been challenging and we have tried our best to be open and transparent, offering support and help as required.

Our students have coped with the huge changes and demands placed upon them during these unprecedented times. We are however mindful that some students are struggling with the changes. There will be increased anxiety as we move into the Christmas period, without the routines of the school day and the support from peers and staff. Equally we understand that this can be a difficult and stressful time for parents/carers and families, this again will be even more heightened due to the impact of Covid-19 regulations.

With this in mind we have identified support groups and signposted to various groups that can offer help to you and your family should you need it over the Christmas period.

This can all be found on the link below;

<https://ormistonswbacademy.org.uk/wp-content/uploads/2020/12/Useful-Safeguarding-Websites-Contacts.pdf>

We have also provided the information below for ease of access, and for those who do not have computer access.

If out of school hours:

Wolverhampton; 01902 555392 (Out of Hours: 01902 552999)

Dudley; 0300 555 0055

Sandwell; 0121 569 2266 (Out of Hours: 0121 569 2355)

Support for Online and E Safety concerns;

<https://www.ceop.police.uk/Safety-Centre/>

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline; https://www.thinkuknow.co.uk/14_plus/help/CEOP/

Support for mental well-being and advice/guidance

Wolverhampton City Council Bulletin. <https://content.govdelivery.com/accounts/UKWCC/bulletins/2934a06>

Samaritans can help if:

- You are having a difficult time
- You are struggling to cope
- You are worried about someone
- You have got to deal with something difficult

<https://www.samaritans.org/> or 116 123

Childline is a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, they can offer help for you online, on the phone, anytime; <https://www.childline.org.uk/> or 0800 1111

ONLINE Counselling support; <https://kooth.com/>

Police; <https://www.police.uk/west-midlands/>

Base 25 Counselling, advice and guidance on all matters;

01902 572040

Local numbers for Social Care support;

Wolverhampton; 01902 555392 (Out of Hours: 01902 552999)

Dudley; 0300 555 0055

Sandwell; 0121 569 2266 (Out of Hours: 0121 569 2355)

Food banks

<https://www.wolverhampton.gov.uk/benefits/benefits-universal-credit-welfare-reform/food-banks-and-soup-kitchens>

Staying healthy whilst in self-isolation

We can recommend:

Basic 10 minute exercise routines, designed to meet the daily requirements of exercise.

There are six workouts, one for every day of the week, plus a rest day.

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

Facebook – Local support groups

Please find attached a link that will identify support groups in your local area that may be able to help. It can only be accessed through a Facebook account and requires your postcode.

<https://covidmutualaid.org/local-groups/>

SEND Support Sites

<https://www.autistica.org.uk/what-is-autism/coronavirus>

<https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx>

<https://childmind.org/article/supporting-children-with-autism-during-the-coronavirus-outbreak/>

<http://www.autismtoolbox.co.uk/supporting-children-and-young-people-home-coronavirus>

Inclusion Support & Outreach parent/carer remote consultation service

The Inclusion Support Service and Outreach Service are offering a remote consultation service to parents/carers to help them to support their child(ren) during the school closures as a result of the coronavirus pandemic.

Parents/carers who feel that they would benefit from consultation with a member of our team can access the service. The service is offered to all parents/carers of children living in Wolverhampton, attending Wolverhampton schools or in the care of Wolverhampton local authority.

Areas that parents/carers may wish to discuss or explore with us could include:

- Impacts of transition from school to home learning.
- How do I support my child's learning, social and emotional needs whilst they are at home?
- How do I promote positive behaviour?
- How do I support my child who is anxious or worried about the changes and implications of the coronavirus?
- How can I support children who may be missing friends and school staff?
- Impacts on family relationships.
- Supporting children or young people with uncertainty regarding endings

Parents/carers will be contacted remotely by their preferred method of communication and offered an initial consultation of up to 30 minutes with a member of our Inclusion Support Service or Outreach Service. They will also be offered another review consultation at a later date as a way of monitoring progress. Parents/carers will be asked for permission to share information relating to the consultation(s) with schools and settings.

The consultation service can be accessed by completing an online request form on the Educational Psychology Service website (<http://www.educationalpsychologywolverhampton.co.uk/>); telephoning the Inclusion Support Service Administrators (Tel: 01902 550609 or 555934 or 555120); or professionals can complete an electronic request form on behalf of parents/carers. Please discuss with the allocated link Educational Psychologist for your school or setting.

Lead person to contact in the LA:

Stephanie Herriotts-Smith

Senior Educational Psychologist

Stephanie.herriotts-smith@wolverhampton.gov.uk

07773186872

A support that can be accessed directly in Bilston:

Excel Church
Wolverhampton Street
Bilston
WV14 0LT
(01902) 402273
will@excelchurch.org.uk
www.excelchurch.org.uk

Offering support as follows:

- 1. Youth club:** Running on a Tuesday and Friday throughout the year. It is a safe space where young people can be themselves, have fun as well as learn lessons from the bible that we believe can help young people in this difficult climate. We are currently meeting on zoom, YouTube live as well as meeting in person on a limited numbers basis on a Friday. We also have links/funding with Bilston Resource Centre to provide training in a variety of areas which may appeal to some of the older students.
- 2. A food bank:** We are giving out hampers for families this Christmas. I am happy to pass on the details of our food bank manager who can offer support for school families.
- 3. An advice line** through 'Bilston peoples centre' where our centre manager can give advice regarding budgeting, benefits and other practical skills. We also have a full time pastor who is happy to meet and speak to anyone who would benefit from speaking to someone.

Please ring or email using the details above for support. It is important to state that our staff will not be contactable during the Christmas period. **If you need help or support please contact Social Care on the numbers above to ask for help.**

I would like to take this opportunity to wish you a very Merry Christmas and hope that the students, alongside yourselves, enjoy a well-deserved rest.

Yours sincerely

Miss S Woodbine
Assistant Principal for Safeguarding & Student Services