

## Parent / Carer Advice and Support.

**School Contact** Whilst we continue to have this school closure, please email [office@lyng.norfolk.sch.uk](mailto:office@lyng.norfolk.sch.uk) with any queries.

### Free School Meals FSM, new voucher scheme during the Coronavirus outbreak.

The government has set up a new school to support families with supermarket vouchers to the value of £15 per child per week during term time, during this school closure time for those families who access FSM..

*If you believe you may be eligible to access FSM for your child, you can still apply and claim now.*

This **includes** pupils in Reception (Cherry class) Year 1 and 2 (Willow class) who already have a school lunch provided under the existing universal infant free school meals (UIFSM) government scheme.

Parents/ carers who believe their child/ren are eligible for free school meals should claim online via the Local Authority using the link below:

<https://fiso.norfolk.gov.uk/synergy/Enquiries/Citizen/FreeSchoolMeals.aspx> They will receive an automatic response to the application and if they are eligible, the LA will confirm by email and tell the child's school.

### Safeguarding

A county-wide campaign, **See Something, Hear Something, Say Something**, focuses on keeping children safe, as families face the pressure of staying at home for this prolonged period. These are difficult times and families are under huge amounts of pressure. If you see or hear something that makes you feel concerned about a child living nearby, please phone line 0344 800 8020

### **Just One Norfolk**

A local resource providing advice on all aspects of life for a child/ young person. Specific information about emotional health for young people and parents. An App is also available.

<https://www.justonenorfolk.nhs.uk/>



### **Mental Health Support**

Many services and organisations have changed what they do as a result of COVID 19. Support for children and young people's mental health and emotional wellbeing (formerly known as CAMHS) has also changed.

[www.justonenorfolk.nhs.uk/mentalhealth](http://www.justonenorfolk.nhs.uk/mentalhealth)

**This is now the single place to find out how to access mental health advice and support for 0 -25's in Norfolk & Waveney.** *You don't need a referral, you can get in touch straight away for advice and support.* If you need more specialist help, Justonenorfolk will make sure you get to the right person.

## **SEND Pupils - tips for parents**

This video may be particularly useful if your child has an EHCP or a high level of need. *Supporting Neurodiverse Children In Challenging Times Such As During Self-Isolation*  
<https://youtu.be/dXPtqmHKNoE>

SENsational Families have some good support and advice on their website, including links to sensory circuits, a great way to help energise and focus your child at the start of the day.

## **Top Tips**

### **Routine**

We tend to like routine. Our bodies appreciate routines for eating, sleeping and physical health, and our minds can be calmed by the predictability of it. With schools closed, it might be tempting to treat every day like a weekend. It is important, though, to create a new routine that includes the important daily activities, such as those below.

### **Eat Well**

Being at home more might mean easier access to treats. These can make your mood and energy levels fluctuate. Try to keep a routine to mealtimes and choose foods that will nourish the mind and body. See [www.nhs.uk/change4life](http://www.nhs.uk/change4life) for tips and ideas.

### **Sleep well**

Good quality sleep promotes emotional wellbeing, and helps your body stay healthy too. Try to keep a good bedtime routine throughout the week. If you are struggling with sleep, see [www.youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems](http://www.youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems) for tips and advice

### **Keep active**

Meaningful activity (doing things that you enjoy and/ or get a sense of achievement out of) is important for mental health. This can be anything from creating your own board game to having a home disco or making a rocket out of junk. Schedule in some physical activity every day too. Even if you are at home a lot, you can still get your 60 minutes of daily exercise, e.g. dancing, or exercise videos.

(e.g. see YouTube or [www.bbcchildreninneed.co.uk/schools/primary-school/joe-wicks-work-out-videos/](http://www.bbcchildreninneed.co.uk/schools/primary-school/joe-wicks-work-out-videos/) ). Please ensure you keep to government guidelines regarding leaving your home.

### **Keep learning**

School will provide work for children to do whilst we are closed. Learning is good for

confidence and can reduce boredom. If you are short of particular resources (e.g. paper and pens), then please contact the school office and we may be able to help. Please note we will always try to ensure that websites we recommend are suitable. We cannot be responsible for 3<sup>rd</sup> party links, and suggest that you supervise/ check any websites your child is accessing. Norfolk County Council have also set up a website with a range of helpful resources and ideas at <https://www.norfolk.gov.uk/education-and-learning/schools/educational-resources>

### **Keep in touch**

You must follow government guidelines in regards to contact with others. However, there are many ways to continue communication safely (e.g. share photos and messages through texts, calls, email or social media). Keeping in touch with friends and family will be good for your mental health as well as theirs.

### **Stay informed, but don't get obsessed.**

The media is focusing a lot on health updates at the moment, and our conversations, social media and emails are too. Whilst it is important to keep updated, if you're feeling overwhelmed, consider restricting your use of media coverage/ the news and encourage alternative conversations with friends and family.