

Safeguarding Bulletin for Parents and Students from the Wellbeing Hub

As we now approach the end of week three of the first half of the summer term, we hope you are all well and coping with the different times we have found ourselves in.

We have put together some more guidance and support that we hope may be of use. We appreciate that not everyone will benefit from these particular topics but hopefully there is some support here for everyone. If we can help you in any way please email us on admin2@buckswood.co.uk Best wishes for all of us in the Hub.

Advice for parents and carers looking after children with special educational needs and disabilities (SEND)



The Department for Education (DfE) has published guidance for parents of children with SEND (Special Educational Needs and Disabilities) listing links to useful resources to help support your children's education. The link to this guidance can be found here <https://www.gov.uk/guidance/help-children-with-send-continue-their-education-during-coronavirus-covid-19>

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Children in Lockdown – What Coronavirus means to UK Children.

UNICEF has published a report looking at the impact of coronavirus and lockdown on children and young people's lives in the UK. They have published a guide for young people. The link to this guide is here <https://www.unicef.org.uk/working-with-young-people/coronavirus-guide/>



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Advice for parents who are subject to a co-parenting arrangement

Family Law has published an article offering advice to parents of children who are the subject of a Child Arrangements Order (CAO) made by a family court. The article provides advice and tips to help manage contact arrangements during the coronavirus crisis. The guidance can be found here.



https://www.familylaw.co.uk/news_and_comment/a-practical-guide-to-co-parenting-during-the-coronavirus-crisis

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Supporting Daily Routines

One of the most important ways to keep mentally healthy is to have routine and structure, and to maintain a healthy sleep pattern. This can be a challenging thing for anyone especially for our young people.



The Education Endowment Foundation (EEF) have produced a video and checklists to help parents and children manage their routines. You can watch this short video here

https://educationendowmentfoundation.org.uk/public/files/videos/EEF_Supporting_daily_routines_during_school_closures.mp4

And the checklist can be download here

<https://educationendowmentfoundation.org.uk/public/files/Publications/Covid->

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[19 Resources/Resources for parents/Supporting home learning routines - Planning the day.pdf](#)

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BBC Own It App updated for COVID-19

The BBC's Own It app helps young people new to social media manage their well-being, whilst empowering children to make smart choices, and helping them to lead a positive life online.

The Own It app and keyboard lets children:



- get advice whenever they type
- track their feelings
- win badges as they reflect
- find help when they need it
- taking quizzes to learn more about themselves

The app also includes a special keyboard to use which offers helpful tips and friendly advice to children when they need it.

The app can be downloaded for free from the App Store or Google Play.

<https://www.bbc.com/ownit/take-control/own-it-app>

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How to work from home with the kids are around

Parent Zone have put together this article with support on how to help you with the added pressure of work as well or looking after your children and managing their home learning.

<https://parentzone.org.uk/article/how-work-home-when-kids-are-around>



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Video chatting – A Guide for Parents of secondary aged children

Hands up if you've used Zoom, FaceTime, Houseparty, WeChat, Skype or WhatsApp to stay in touch with family and friends since COVID-19 restrictions began? That'll be most of you, then – and the same is probably true of your children. Parent Zone have put a guide together to give you advice and guidance to support your child with this topic in a safe way.



The guide is available here

https://parentinfo.org/article/video-chatting-a-guide-for-parents-and-carers-of-secondary-school-age-children?utm_source=Parent+Zone+Newsletter&utm_campaign=9df86b2d9f-EMAIL_CAMPAIGN_2020_04_23_02_29&utm_medium=email&utm_term=0_1ee27d9000-9df86b2d9f-179247841