

22nd January 2021

Signposting Support:

As we continue to safeguard and support the learning and wellbeing of children both in school and at home, we are sharing some links to information and resources that you may find useful.

Key safety messages for children

- Talk to a trusted adult if you feel sad, worried or scared
- Ask children to identify their trusted adults
- Remind them about how to contact [Childline](https://www.childline.gov.uk/) 0800 1111

[https://www.safeguardingresourcehub.co.uk/5-11 years](https://www.safeguardingresourcehub.co.uk/5-11-years)

This is a great website that lists a wide range of organisations that can support children and families with a range of safety tips and advice.

Online safety

[Internet matters](#), [Net-aware](#), [Parent info](#), [Thinkuknow](#) and [UK Safer Internet Centre](#) all have helpful advice and information for parents and carers about how to keep their children safe online

Mental Health

You can find advice, support and calming activities at [NHS](#), [Samaritans](#), [Mind](#), [Young minds](#) and [Childline's calm zone](#). <https://www.mymind.org.uk/>

<https://www.moodjuice.scot.nhs.uk/About.asp>

The Hub of Hope

An app which will signpost you to services in your local area after adding your postcode.

Access here: <https://hubofhope.co.uk/>

Loss and bereavement

[Child bereavement UK](#) have developed some resources to help children explore and talk about their emotions.

Domestic Abuse

For further information and support you can visit [HM Government](#), [National Domestic Abuse Helpline](#) and [Women's Aid](#)

Bulletins

- Updated information for parents, related to school's arrangements during the current COVID-19 pandemic can be accessed on the [COVID-19](#) section of our school website, including a revised Parent Handbook, our operational risk assessment and remote learning policy.
- Other key school policies have also been revised and updated due to the COVID-19 pandemic. Parents can access these on the and [Policies and Documents](#) section of the Avalon School Website.
- From week commencing 25th January, Avalon will start a programme of asymptomatic testing of all participating staff and on-site contractors, using rapid self-testing Lateral Flow Devices (LFD). Along with other protective measures this will support everyone in school, to work in as safe an environment as possible.

Communications

Government guidance and publications for parents and carers about education settings during the Coronavirus pandemic can be found here:

[Information-for-parents-and-carers](#)

<https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak>

[Children of critical workers and vulnerable children who can access schools or educational settings](#)

<https://www.gov.uk/government/publications/coronavirus-covid-19-early-years-and-childcare-closures/coronavirus-covid-19-early-years-and-childcare-closures>