



Milford Haven School
Ysgol Aberdaugleddau



Milford Haven School

Parent/Carer Pack

Name: _____

House of your Child: _____

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Routines for Completing Work

How will your teachers be setting work?

Teachers are going to use 'Google Classroom' to set tasks to complete on a daily basis during term time, following the 'Covid-Curriculum'.

YEARS 7 & 8 - 'Covid-Curriculum' - Tasks can be up to 2 hours long from each AOLE.

	Monday	Tuesday	Wednesday	Thursday	Friday
AOLE	SciTech	Language, Literacy & Comms	Maths & Numeracy	Humanities and Health & Wellbeing	Expressive Arts
Subjects	Science Design & Technology	English Welsh French	Maths Numeracy	Humanities Y7 History Geography RE ICT	Art Music Drama PE

- Work to be sent to pupils by 8:30 on the AOLE day
- Pupils to send/upload work before the next AOLE day to their class teacher.
- Pupils can complete the work on that day or can choose what work to do and when they want to do it - as long they complete the work and send it in by the following week. EG; SciTech work issued on Monday and pupils send it in to their teacher by Sunday night.

KS4 AOLE TT: One hour tasks, with the option for pupils to email teachers if they would like more, or create an extension task.

	Monday	Tuesday	Wednesday	Thursday	Friday
AOLE	Science Design & Technology	Lang Lit Comms	Maths & Numeracy	Humanities and Health & Wellbeing	Expressive Arts
Compulsory subjects	-Science	-English -Welsh	-Maths -Numeracy	-RE -Welsh Bacc	
Options Subjects	-Triple Science -Construction -Engineering - Fashion and Textiles -Health and Social -Hospitality and Catering - Performing Engineering Operations - Product Design	-French -Media -Spanish	-Additional Maths -Sweet	-History -Geography -Travel & Tourism -Business -ICT -Computer Science	-Music -Art -GCSE PE -Teamwork -BTEC Sport

- Work to be sent to pupils by 8:30 on the AOLE day
- Pupils to send/upload work before the next AOLE day to their class teacher.

- Pupils can complete the work on that day or can choose what work to do and when they want to do it - as long they complete the work and send it in by the following week. EG; Spanish work is issued on Tuesday and pupils need to send it in to their teacher by Monday night.
- Pupils at GCSE level should be able to manage their work more effectively, so if Monday is a heavy day for their options, Thursday or Friday won't be.

What if I need help to complete the work?

Staff will make sure the work being set is appropriate and will be mindful of the fact they are not there to teach you. As much as possible students should complete tasks independently or if they are really stuck ask for help and advice from parents or family members. However, if you have any questions regarding the work set you can message staff through your classroom, or allocate comments on the work you are finding difficult. You could also email your teacher.

For those students in Years 9 to 13, there might be times when you need to email staff with a question about the work. If this is the case you should send your questions between 9:00am and 3:00pm each day, but please be mindful of the fact staff will be getting a large number of emails and might not be able to respond the same day.

Most importantly. Please don't worry. All we ask is that students try their best.

What if my child is not completing their work?

We have a process in place to track pupils' usage of Google Classroom. Also, if your children do not send their work in, they will email your child in the first instance. If there is no response and no work is sent, then teachers will refer your child to their Director who will also email your child. If there is no engagement, contact will be made with you (as parents/carers) to check everything is ok and we will support you however possible.

What should my Daily Routine look like?



Whilst you are not in school, it is important that you get into daily routine. Students are going to have to be more independent, so we advise following these top tips to make sure you are productive at home.

1. **Sleeping** - Get a good night's sleep and have a set time that you are going to go to bed and get up each morning.
2. **Daily Routine** - Have a plan for the day and complete your work/study during these times. Get into the habit of checking your work in the morning so you know what you need to do for that day.
3. **Workspace** - Have a designated study area so you can focus on the work you need to do and switch off from distractions e.g. mobile phones, TV, social media
4. **Healthy Eating** - Make sure you are eating a balanced and healthy diet as it's important for your health and well-being.
5. **Good Organisation** - Don't let household jobs and schoolwork build up and get on top of you.
6. **Stay Active** – Plan some time in the day where you have an activity that keeps you active or focuses your mind e.g. exercise, walking, reading, completing a jigsaw, listening to music or cooking.

Staying Active and Mindfulness

The idea of being at home and not in school might seem very attractive at first but coming to school is a big part of staying active and helps students with their mental wellbeing. Therefore, you need to make sure you use your time productively and you will feel better for doing a small bit each day.

Staying Active

Sport England have put together lots of different ideas on how to stay active in and around your home. From dancing with the kids through Change4life  to online home workouts . There's lots to choose from to keep things interesting. Visit <https://www.sportengland.org/news/how-stay-active-while-youre-home> for ideas or keep following us and we will continue to offer top tips and ideas.

In addition to this there are lots of easy workouts on youtube that take less than 10 minutes to complete. For example: Joe Wicks – You Tube videos from kid's workouts to HIIT sessions and more all using limited equipment in a small space (<https://www.youtube.com/user/thebodycoach1>).

Mindfulness Breathing

The following “Mindfulness Exercise” is simple and easy to follow. Give it a chance. You will probably need to try it several times to get it to work for you, but it can really help you to focus.

1. Find a quiet place that is free from distractions
2. Sit, stand or lie down with you back straight and relaxed.
3. Start by breathing in and out slowly. Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.
4. Let go of your thoughts. Empty your mind and focus your awareness on your breathing. Purposefully watch your breath, focusing on its pathway as it enters your body.
5. Try and do this for 2-3 minutes (or longer if you like) at least once or twice a day.

BRIEF MINDFULNESS EXERCISES

Take little moments throughout the day to practice mindfulness.

Just sit quietly with your eyes closed.

Simply take a moment to contemplate and reflect.



Pause before you speak and act.

Pause to consider what you are going to say before speaking. Take a two- or three-ring pause before picking up the phone to think about your intention.



Be fully present.

Deliberately give your full attention to whatever it is you are doing. When you're with family and friends, focus on being fully present with them. When you're at work, direct your focus and attention there.



Be right here, right now.

Try not to dwell in the past or think about the future.



Practice mindful stretching.

Slowly stretch each part of your body. Be aware of your breathing as you stretch.



Whatever it is you are doing, just do that.

If you're making a cup of tea, just make a cup of tea. If you're spending time with your child, just be with your child.



Free Daily Resources For Children



PE with Joe Wicks On YouTube

Week days at 9am but you can visit any time on youtube to view the workout.

Wildlife With with Steve Backshall On Facebook

Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube

Weekdays 11am. Maddie & Greg chat about science and nature!

Dance with Oti Mabuse On Facebook

Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman

Free access to the her maths website:
www.themathsfactor.com

Music with Myleene Klass on YouTube

Twice a week. Next one Friday 27 March 10am, but can view any time.



Storytime With David Walliams

Free story everyday at 11am on his website:
www.worldofdavidwalliams.com

Suggested Activities

In addition to the work listed below there are tasks listed on the school website (<https://milfordhavenschool.co.uk/school-closed/>) and work available on Google Classrooms.

Years 7 & 8:

- Reading for 20 mins a day, every day.
All Year 7 and 8 pupils have been issued reading books from the library. Pupils can log on to Lexia accounts to complete quizzes for each book.
- Practice multiplication tables
<https://www.educationquizzes.com/ks3/maths-tables/>
www.corbettmaths.com

- Spelling
<https://www.kidspot.com.au/school/preschool/preschool-literacy/spelling-bee-words-1112/news-story/5e32a13ed123fc4ccfc35932e21f7608>
- Homework task booklet.
This was given out in registration and has a variety of tasks for you to attempt
- Upgrading work in exercise books.
This includes correcting spellings and addressing targets set. What do you need to do to improve?

Years 9 to 11:

- GCSE Pod: log in with your school Google address
- BBC Bitesize - practice tests and quizzes
- Create revision cards/ subject mind-maps
- Homework Tasks
- Design a revision timetable to cover the exam period
- Complete Welsh Bac individual project
- Complete past papers in GCSE subjects

Years 12 and 13:

- Design a revision timetable to cover the exam period
- Create revision cards/subject mind-maps
- Homework Tasks
- www.ucas.co.uk- year 12 start researching chosen university course and universities
- Complete past papers in A level subjects

Recommended Reading List

Daily reading is an important tool for learning and a good habit to get into. Therefore, the two following lists have been recommended for students to read at their leisure. However, as a school we would encourage you to read anything you find interesting.

KS3	KS4
Bone Talk, Candy Gourlay	Noughts and Crosses, Malorie Blackman
The Girl Who Speaks Bear, Sophie Anderson	Running Girl, Simon Mayo
Never Never, James Patterson	Seed, Lisa Heathfield
The Colour of the Sun, David Almond	One, Sarah Crossan
Itch, Simon Mayo	The Lie Tree, Frances Hardinge
Rooftoppers, Katherine Rundell	City of Bones, Cassandra Clare
The Explorers, Katherine Rundell	Bomb, Sara Mussi

Treasure Hunters, James Patterson	Only Ever Yours, Louise O'Neil
A Series of Unfortunate Events, Daniel Handler	Denton Little's Death Date, Lance Rubin
The Polar Bear Explorer's Club, Alex Bell	If She Did It, Jessica Treadway
Smart, Kim Slater	The Dare, John Boyne
Young Sherlock, Andrew Lane	The Bunker Diary, Kevin Brookes
The Parent Agency, David Baddiel	A Good Girl's Guide to Murder, Holly Jackson
Kid Normal, Greg James	Monsters, Emerald Fennell
How To Train Your Dragon, Cressida Cowell	One of Us Is Next, Karen McManus
Cirque Du Freak, Darren Shan	Am I Normal Yet, Holly Bourne
Apple and Rain, Sarah Crossan	Half My Facebook Friends are Ferrets, J.A Buckle
My Family and Other Animals, Gerald Durrell	Orange Boy, Patrice Lawrence
Wonder, R.J.Palacio	After the Fire, Will Hill
Dead Scared, Chris Jobling	Straight Outta Crongton, Alex Wheatle
Michael Grant, Gone	The Knife of Never Letting Go, Patrick Ness

How can I access free online eBooks?

We appreciate that it might be difficult for you to get some of the books with some local libraries being closed. Therefore, we are recommending you your County Library Service to access books online through borrowbox. Once you have joined the library and downloaded the borrowbox app you can browse, download and read eBooks at any time from any location using the free app.

How can I access this resource?

- You will need to join the Library Service. Anyone 16 or above can register for a PIN but for most of our students you will need to ask parents to register online on your behalf.
- The following link can be used by parents to register their child online:
<https://www.pembrokeshire.gov.uk/pembrokeshire-libraries/join-online>
- Audible is a library of audible reading books that Amazon have decided to make FREE for the duration of school closures! So, if you don't have access to books, or if you don't like reading to yourself, have a look at the hundreds of books available on here. It's amazing! If you do listen/read anything remember to submit a review to the classroom/ teacher :) Happy reading!
- <https://stories.audible.com/start-listen>

Recommended Film List

Many of these films are available to buy or rent via Youtube or Netflix

English	BBC1 Currently showing an adaptation of Malorie Blackman's 'Noughts and Crosses' For year 8+
Maths	Imitation Game (12), Hidden Figures (PG), A Beautiful Mind (12)
Science	Any Jurassic park, Apollo 13, Happy feet, Day after tomorrow, Any Ice Age.
Geography	The Boy who harnessed the wind (PG), Life of Pi (PG), San Andreas (12A- how is it not Geographically correct?!), Dantes Peak (12), The Impossible (12), Slumdog Millionaire (15- Yr11 only), Planet Earth and Planet Earth II, War on Plastic
History	Dunkirk (12), War Horse (12), Horrible Histories,
CARE	Shallow Hal (12), 127 Hours (15)
PE	Remember the Titans (PG), Invictus
French	The African doctor (Netflix- suitable for all years) Il a deja tes yeux (Netflix, KS4 only probably) Le petit prince (Netflix) All years Les Choristes Amazon Les Misérables (Netflix) Le petit nicolas
Computing	Wargames
Business Studies	The Social Network (12)
Ethics	The Pursuit of Happiness Bruce Almighty Groundhog Day Good Will Hunting (15) A Beautiful Mind (12) Space Jam The Blind Side The Prince of Egypt
Welsh Baccalaureate	Suffragette (Campaigning Y10) Selma (Campaigning Y10) The dark side of chocolate (Exploitation Y10) The pearl of Africa (LGBT Y10) China Blue (Y10 Sweatshops) The day after tomorrow (Climate change Y9) The end of the line (Marine conservation Y9)

Useful Websites for Learning

Whilst there are many websites with online learning activities, we have put together a list of a few good ones that students could use to help with independent learning. It's not an exhaustive list and you might have better sites that you use, but there are some good activities and material on these websites.

<https://corbettmaths.com/>

A range of videos and worksheets on many maths topics for KS3 and KS4.

<https://www.senecalearning.com/>

Seneca provides free revision resources for KS4 students in a range of subjects.

<https://www.bbc.co.uk/bitesize>

Bitesize is the BBC's free online study support resource for school-age students in the United Kingdom. It is designed to aid students in both schoolwork and, for older students, exams

www.ted.com (available on YouTube)

There is a wealth of information/talks on the site that can be used to further students' understanding of certain topics.

www.duolingo.com

A fun interactive website that can allow you to practice your language skills.

<https://sites.google.com/a/>

milfordhavenschool.co.uk/pe/

MHS PE's website for use for GCSE and AS PE pupils to access powerpoints from lessons and past paper questions.

Safeguarding and Pastoral Concerns

If you have any concerns that you would usually speak to your Head of House please use the appropriate email address below to get in touch with us. We will monitor our emails during school hours, but it may take up to twenty four hours for us to respond to your email. If there is anything that you need support with that is urgent, please speak to your parents, carers or another trusted adult.

Daring: cdavies@milfordhavenschool.co.uk

Defender: cwilcox@milfordhavenschool.co.uk

Dragon: seanthomas@milfordhavenschool.co.uk

Diamond: lgriffiths@milfordhavenschool.co.uk

Assistant Headteacher: ekedward@milfordhavenschool.co.uk

If you require support over weekends or at other times of the day, the contact numbers below are good sources of support and guidance.

- Childline: 0800 1111

There is also the option to chat to one of their counsellors via message rather than over the phone.

Alternatively, you can email in any questions and access the message boards and a range of activities on their website. Visit <https://www.childline.org.uk/> for more details.

childline

ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

- Samaritans: 116 123 or jo@samaritans.org (24 hours response time)

Visit <https://www.samaritans.org/> for more details



SAFEGUARDING | Safeguarding Information from Milford Haven School

As a parent/carer, if you should become worried or concerned about the welfare of a child and wish to report this, please contact Social Services. The telephone number for the **Duty Officer is 01437 776444**, or call the **Contact Centre** on 01437 764551. Social Services out of hours telephone number 0300 333 2222.

If you think a child is in immediate danger ring 999.

You would also be able to report your concern by emailing Milford Haven school via the following email Safeguarding@milfordhavenschool.co.uk

We know that the uncertainty around the Coronavirus will be causing you all worry. I hope that this decision will help to provide you reassurance that we are doing all that we can to keep children safe whilst also protecting their educational interests.

Contact Numbers and Links for support services:

- Advocacy - [tgp cymru admin@tgpcymru.org.uk](mailto:admin@tgpcymru.org.uk) tgp cymru (opens new window)
- Barnardos (opens new window) –01646 687064
- Independent Advocacy for Children and Young People 01437 762935, MAP-Info (opens new window)
- Child and Adolescent mental health service:01437 773774
- Domestic Abuse Helpline 0808 8010800 (24 Hrs)
- Garth Youth and Community Project – 01437 763233
- NHS Trust - Child Health (opens new window)
- MIND (opens new window)
- PATH (opens new window)
- Pembrokeshire Association of Voluntary Services (opens new window)
- Pembrokeshire Women's Aid 01437 769564 (24 Hrs)
- Tanyard Youth Project 01646 680068
- Pembrokeshire Youth (opens new window)
- Young Persons Counselling Service 01437 766200, Email ypcs@btconnect.com
- Young People's drop in Health Advisory Centres - ask your local GP OR Youth Centre for details.
- Voices from Care (Cymru) (opens new window)
- Young Carers PembsYC (opens new window) 01437 761330 admin@pembsyc.org.uk

An Update for all Pupils and Parents at Milford Haven School

Pupils and Parents/Carers

What Happens Now?

- School staff have started to make resources available for use at home so that learning may continue. These are available via the Google Classroom platform. All pupils are aware of their usernames and passwords for this system.
- From 31st March: Those eligible for Free School Meals will receive a letter or email with vouchers redeemable at any Tesco stores. The voucher is worth £39 for each child and represents 10 days of Free School Meals from April 1st to April 14th. The move, which is in line with other Welsh local authorities, has been implemented to reduce the risk of spreading coronavirus through social interaction. The vouchers can either be printed and taken to the store or, if using a mobile device, via a barcode to be scanned.
- If you have any difficulties going shopping, because of self-isolation for example, and cannot get help from friends, family or neighbours, please contact the Community Co-ordination Hub set up by Pembrokeshire County Council, PAVs and Delta Wellbeing.
- The Hub can offer advice and assistance to access help in your local community.
- More details on the Hub is at <https://www.pembrokeshire.gov.uk/coronavirus-covid-19-community-information/community-hub>
- The Hub can also be contacted by emailing communitycovid19@pembrokeshire.gov.uk or telephoning 01437 776301.
- If you are unable to access your voucher please contact the Pembrokeshire County Council Catering Team via cashless.catering@pembrokeshire.gov.uk or by telephoning
- 01437 775912, 01437 775922 or 01437 775250.
- In light of the Welsh Government's drive to tackle period poverty, girls in years 7-13 who require period sanitary products may call into reception to collect some supplies from the main school reception on Wednesdays between 9am - 10am.
- A list of learning and resource based websites for online learning will be available on our website from Monday 23rd March 2020.
- Pupils in all years who do not have internet access or access to a computer, should contact the school where equipment can be issued.

Frequently Asked Questions

Question: Who do I contact if I have a question about my school work?

Answer: First of all don't worry, we just ask that you do your best. If you really are stuck, please contact the teacher who has set you that piece of work on your School Gmail account.

Question: Who do I contact with a pastoral question?

Answer: Your Head of House. For email addresses, see the sheet earlier in the booklet.

Question: If I am ill, do I still need to complete the work set?

Answer: Complete what you can. It is no different to you being at home poorly during the school year and keeping as up to date as possible. Staff understand that there will be times where you can't complete all your work – that is ok. You need to concentrate on getting yourself better first.

Question: What do I do if I run out of work to do?

Answer: Use the recommended books, films and activities sheet to give you ideas for alternate activities. There are also lots of websites that are recommended to support you with your studies. Be as creative as possible and make the most of this opportunity (Use YouTube to Learn to Juggle, Play Chess, Sing!). Help your family by planning and preparing a meal, or tidying your room!

Question: Will my work be marked?

Answer: Where possible teachers will give feedback on the work set (if it is required), however, this may not always be possible.

Question: If I email a teacher and I don't hear back within twenty four hours, what do I do?

Answer: If it is urgent, speak to your parents, carers or another trusted adult. We will try to cover all emails, but it may not always be possible.



Pembrokeshire County Council

Cyngor Sir Penfro

Children & Schools Directorate

Cyfarwyddwr Dros Blant Ac Ysgolion

Coronavirus:

Supporting children's wellbeing

Wellbeing tips for families:

- Talk to your children, and answer their questions. Ask about what they have heard about the virus and the situation so that you can correct possible misconceptions and reassure them.

- Avoid being too immersed in media coverage. Be mindful of the amount of things you are reading and watching, including social media – as this may add to worry and anxiety. Consider a few updates every day from trusted sources.
- Remember that people react differently to significant events. Some people – adults and children – may feel worried, some excited, some nothing much at all. Be reassured that different reactions are normal and ok.
- If your child seems worried, it may be good to distract them with something that takes their mind off their worries. You might also want to set aside 10-15 minutes each day for them to talk about any worries, and to reassure them.
- Remember to keep things positive and give children hope. For example, tell children that now many people are working to make this better and that even though it is serious, everyone is doing their best to help people.
- Try to keep familiar routines. Well-known routines in everyday life provide security and stability.
- Do nice things together, and keep active. Make a plan and suggest some regular family times where you can play games, do some exercise together, or do other things that you know most of you like. Try to find a good balance between time together, and screen time.
- Keep in good contact with family and friends (via Facetime, Skype WhatsApp etc.; following NHS guidance on 'social contact'). This will help children connect with others and know that others are thinking about them. It will also reassure them that others are well.
- As a parent you may be concerned yourself. Take care of yourself and make sure you have breaks, time to relax, and ask for help from others if you need.

Acknowledgement to Harrow Educational Psychology Service

Some useful links:

1. Talking to children about Coronavirus

There is currently a lot of uncertainty and worry around the coronavirus outbreak and children and young people will be affected by the huge changes that are going on around them - regardless of their age or any additional needs. It is really important that adults explain what is happening to children and young people in an age appropriate way so they understand what is happening. Some useful links are:

Talking to children about Coronavirus (British Psychological Society):

<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>

Talking to Children (Childmind):

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

How to talk to your child about coronavirus (Unicef):

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

Tips and guidance on supporting preschool children (Zero to Three);
<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Talking to children (National Association of School Psychologists)

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

2. Stories about Coronavirus for children

Visual stories are a useful way of helping children to understand the Coronavirus. Here are some links to some good examples:

ELSA: Coronavirus Story for Children:

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

Hello! Story about Coronavirus for young children:

https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf

A social story about pandemics (Carol Gray):

https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-coronavirus.pdf?fbclid=IwAR23zxNlbEumpw4oKIM7Xy3VIKnA25b8_Gi53N6YiFleKB9Vx0LQypSPYzzg

A Social Story about the coronavirus:

<https://www.ppm.org/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

A comic exploring coronavirus to help young people understand:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?t=1584464333506>

3. Information Videos for children about the Coronavirus

Information video on Coronavirus for Primary age children (KS2) (Brainpop):

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

Information video on Coronavirus for older children/adults (WHO):

<https://www.youtube.com/watch?v=mOV1aBVYKGA&feature=youtu.be>

4. Promoting Children's Wellbeing

Advice for young people who are feeling anxious about Coronavirus (**Young Minds**):

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>

Helping children cope with stress (WHO):

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

Advice for older pupils and adults about looking after their emotional well-being.

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?fbclid=IwAR3ScDBfuhV5INKyutAG9IPNm4JnjilLOmHxv5w8SR9pBbDDU-8Hhy1QH-L8>

5. Special Needs and the Coronavirus

Parent-focused ideas from Special Needs Jungle about how to support children with anxiety around coronavirus, including an easy-read explanation for children and adults with learning difficulties:

<https://www.specialneedsjungle.com/calming-coronavirus-anxiety-children-everyone-else/#Update>

See social story in the appendix.

6. Looking after your own wellbeing

How to protect your mental health (BBC):

<https://www.bbc.co.uk/news/health-51873799>

Coronavirus and your wellbeing (Mind UK):

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

5 Ways to wellbeing (Mindkit):

<https://www.mindkit.org.uk/5-ways-to-wellbeing/>

7. Health Advice

NHS advice:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

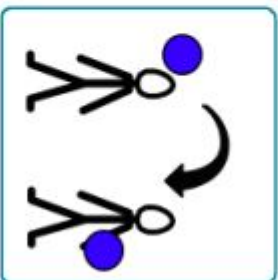
Note: as the situation and sources of information are developing, the above tips and links may be updated.

Appendix. A Social Story about Coronavirus (acknowledgement to Southend Educational Psychology Service)

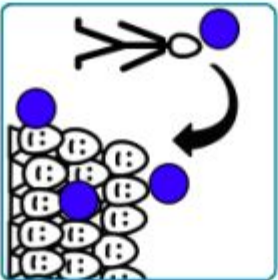
School is closed



School is closed because of the Coronavirus.



Coronavirus can pass from one person to another.



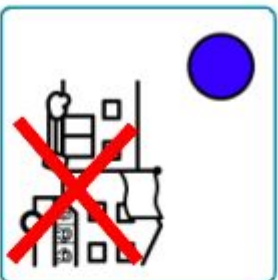
Coronavirus can pass more in big groups.



It is best to NOT be in a big group.



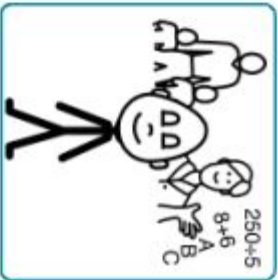
We have big groups at school.



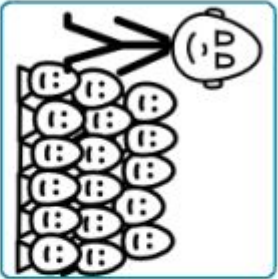
So school is closed.



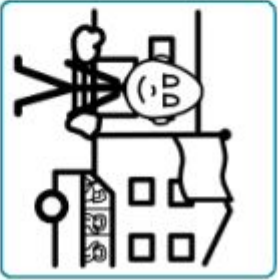
I will stay home for many days.



My family and my teachers want me to be safe.



When it is safe, I can be in big groups again.



When it is safe, school will be open again.

The Independent suggests the following:

10 helpful websites resources to keep the kids busy

1) 123 Homeschool for ME

Free printable worksheets and educational activities to help making learning fun. Resources arranged by grade or subject.

Website: <https://bit.ly/2xcpnJc>

2) 2Simple

Purple Mash is a website designed for children aged 3-11. It contains many creative tools ie: coding, animation, publishing, art and also applications for maths, spelling and grammar.

Website: <https://bit.ly/2U3BIZg>

3) BBC Bitesize

Bitesize is the BBC's free online study support resource for school-age students in the United Kingdom. It is designed to aid students in both schoolwork and, for older students, exams.

Website: <https://bbc.in/2UIDPqc>

4) 5-a-day

Lots of exercise activities for movement breaks.

Website: <https://bit.ly/2Qv7yMs>

5) ABDO

ABDO's entire eBook collection is now available to students to access at home for free.

Website: <https://bit.ly/2wrid3H>

6) ActivityVillage

Activity Village provides thousands of colouring pages, crafts, puzzles, worksheets and more, for parents and teachers.

Website: <https://bit.ly/2J8tHf7>

7) All Kids Network

We offer FREE educational resources, worksheets, writing prompts, themed colouring pages, craft and snack ideas for parents, teachers and caregivers.

Website: <https://bit.ly/2U7ctVU>

8) Artrageous with Nate

Videos about artists and art projects to create.

Website: <https://bit.ly/2vBaobi>

9) Bamboo Learning

Bamboo Learning offers FREE voice-based applications (Alexa skills) that cover a range of academic subjects, including math, ELA/listening comprehension, and social studies.

Website: <https://bit.ly/33xffad>

10) Black Box Education

Digital and interactive resources for drama, dance and theatre.

Website: <https://bit.ly/3diSjtt>