



As we all adapt to the extraordinary worldwide situation caused by Coronavirus Covid19, we can assure you that we at Gosden House are working with colleagues and other agencies to raise awareness of support available and required for our families and children. The advice and information is changing all the time so it really is hard to keep up!

School closure or part closure, social distancing and family isolation will inevitably cause a great deal of challenge and stress. Not to mention caring for the health of loved and vulnerable ones.

You will have received or be receiving details about the contact that your child's tutor/teacher will be maintaining and some learning activities. The pastoral team may also make contact during the week to some families and we would like to check in with the students for a chat if possible as keeping the ongoing connection and support is important, especially at times of anxiety.

If you need to make contact with us during school hours, we have set up a special email address which will link to certain members of the Senior Leadership Team and our Home/School Link Worker, Annie Welch who will try to answer queries or signpost to help.

[parenthelp@gosden-house.surrey.sch.uk](mailto:parenthelp@gosden-house.surrey.sch.uk)

[Pastoral Mobile: 07864 721931](tel:07864721931) – Please add to your contacts

### **Additional support**

**Health:** In line with Government advice, if you are concerned that you or a family member has symptoms of the Virus, do not go to your Surgery, contact NHS 111. The School Nursing Service are aiming to continue to support us with advice if necessary, so contact us in the ways above (during school hours) and we'll aim to help.

To support your child with their mental health and wellbeing there is some good guidance on the Young Minds website [here](#)

Adults may find support [here](#)

**Social Care:** For any child or family worries for which you may need additional support or advice you can request it by contacting the Surrey Children's Single Point of Access Team on 0300 470 9100 and press1 and then option required.

If you have a social worker working with your family, they should be available on their usual direct number. Any problems with contacting them directly, call the 0300 number above or the school mobile.

If you have a family emergency outside their office hours call the Emergency Duty Team on 01483 517898

The Targeted Youth Support Service and the Borough Family Support Programme workers will be operating a service. If you have a named family support worker, you should be able to contact them on their usual number. Again, text or call the school mobile/email Parenthelp if you require information or support to access them.

We understand that most support services are at least hoping to provide telephone support during the current difficulties, but some meetings and visits will be postponed.

**Online Safety:** Many students may be spending additional time online during any period of closure and of course, if they have access to websites or social media there is, as ever, a need to be monitoring and supporting them with safe and acceptable use. There is a link to guidance with these issues on the Gosden House School website home page and also [here](#)

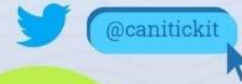
**Financial Concerns:** How the Government supports families in differing circumstances during the Virus Pandemic is still not fully clear and is a constantly changing picture. We are being told that there will be some help for families on free school meals through a voucher scheme, but we are still working out how this can be applied. We recognise the need for clarity as soon as possible. Surrey County Council have set up a community support page/helpline which may answer some concerns.

**Community Helpline number:** 0300 200 1008 (Monday to Friday, 9am to 5pm)

[Community Helpline Link](#)

# Stay positive, keep learning

5 tips for children and families learning and living through social distancing



## **STICK TO A ROUTINE**

Keep getting up and going to bed at set times. This is **ENORMOUSLY** important for your **mental** and **physical** health.



Plan your days with time for **work** and **play**. This will help you to stay **positive**, calm and productive.



## **MAKE TIME TO BE CREATIVE**

Paint. Write. Bake. Play. Dance. Make.

Take time to **discover** new talents, or nurture old ones.



Find out what things the adults in your home can do and learn from them, or use the internet to discover and learn new skills. The **possibilities** are endless!



## **LIMIT SCREEN TIME**

Tablets and computers are going to play a huge part in your learning, but don't let yourself become a **screen zombie!**



Be mindful of how you use screens and try to take lots of breaks.

Here are some tips:

1. No screens an hour before bed.
2. See if your device has a focus mode or other way to shut off addictive apps.
3. Do as many things in the real world, as you do in the virtual!



## **GO OUTSIDE, STAY ACTIVE**

Spending time in the **sunlight** is essential for wellbeing. Make time **everyday** to be outside. If you have a garden, use it. If you don't, take walks with your family wherever you can safely.



Staying **active** is also really important. **Getting moving**, little and often, will help you keep fit, boost your mood and build your strength.



## **TALK, SHARE, BE GRATEFUL**

The next few months will be challenging, and it's normal to have some worried feelings.



**Talk** to family and friends. **Share** how you feel and if you are able to, listen to others too.

If you have relatives or neighbours that are isolated, arrange with a grown up to call and check in. **Stay in touch** with friends and family via post, telephone or email.

**Be grateful** for each other. Now more than ever.