

Looking after our health and emotional wellbeing:

During these confusing times it is really important for us to prioritise the emotional health of our children and ourselves. We have put together some information and contacts that can support you whilst we are away from school.

Contacts:

Head Teacher = Mrs Turner

pturner@thrapston.net

Deputy Head = Mrs Mawdsley

smawdsley@thrapston.net

Asst Head / SENDCO = Mrs Webb

swebb@thrapston.net

Family Support Worker = Mrs Golding

cgolding@thrapston.net

Pastoral Support Worker = Mrs Boon

zboon@thrapston.net

Thrapston Primary School



Useful information from the Pastoral Care Team



Some useful tips for staying at home:

Keep windows and curtains open, don't underestimate the power of sun and fresh air.

Keep to a routine as much as you possibly can, children (and adults) cope much better when they know what to expect.

Don't aim to complete schoolwork in long blocks without a break.

Take this time to learn a new skill, encourage children to do some gardening or household chores. Art and music is vital in keeping a positive outlook.

With the amount of media available on our phones we have a fantastic opportunity to keep in contact in lots of ways. However it can also be a bit overwhelming if we are seeing constant updates and reminders.

Reach out to your neighbours and local community if you need or can offer help.

Allow individual space and time, sometimes we all just need to switch off and recharge.

Free School Meals at TPS – JJ's TPS

jeanettegaunt@outlook.com

If your child would normally receive a free school meal (including Universal Free School Meals for **all** children in Reception, Yr1 and Yr2), we will be able to provide a packed lunch/hot takeaway meal for them during the school closure that can be collected from the kitchen. Please let us know as soon as possible, by emailing (jeanettegaunt@outlook.com), if you would like to use this service.

Could you please let us know if there are any special dietary requirements that we need to be aware of.

Packed lunches/hot meals will be available to collect between 12pm and 12.30pm each day from the kitchen. If possible, please can you bring your own containers as we only have a limited amount available.

FOOD BANKS

In view of the Prime Minister's latest instructions, Food Banks are now changing the way they operate. **They are asking that you do not come to the Foodbank. Please contact either Claire Golding or Zoey Boon** via email if you are in need of support, so we can refer you to the Food Bank. At present, they will deliver food parcels to the client's house, leaving the parcels on the doorstep in order to maintain social distancing.

Food Banks hope to be able to continue this way, but it depends on the volunteers remaining healthy and that they are also receiving sufficient donations to match demand.

FUEL POVERTY

New emergency measures with the energy industry have been agreed by the government to protect the domestic energy supply of those most in need during the disruption caused by COVID-19.

Customers with pre-payment meters who may not be able to add credit can speak to their supplier about options to keep them supplied. This will benefit over 4 million customers.

This could include nominating a third party for credit top ups, having a discretionary fund added to their credit, or being sent a pre-loaded top up card so that their supply is not interrupted.

More broadly, any energy customer in financial distress will also be supported by their supplier, which could include debt repayments and bill payments being reassessed, reduced or paused where necessary, while disconnection of credit meters will be completely suspended.

Full update available at

<https://www.gov.uk/government/news/government-agrees-measures-with-energy-industry-to-support-vulnerable-people-through-covid-19>

GENERAL ADVICE AND SUPPORT

Citizens Advice Bureau:

<https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>

MENTAL HEALTH SUPPORT

If people need urgent or crisis support with their mental health, they should call [the Samaritans on 116 123](https://www.samaritans.org), NHS 111 or Northamptonshire Mental Health Resource Hub on 0300 330 1011, all services are 24/7, 365 days a year.

MIND Crisis café is part of an essential NHS service and as such is remaining open to support those in need of mental health support. As the situation is changing so rapidly, please contact your local MIND to check.

www.mind.org.uk

Useful links:

Young Minds

www.youngminds.org.uk

Helpline: 0808 802 5544

Action for Happiness

www.actionforhappiness.org

Children's 0-19 service

www.nhft.nhs.uk/0-19

Chat Youth Counselling

Email:

info@chatyouthcounselling.org.uk

01832 274422

Childline

www.childline.org.uk

0800 1111

Adult services

Family Lives

www.familylives.org.uk

Helpline 0808 8002222

MIND

www.mind.org.uk

Helpline 03001233393

Citizen's Advice

03444 111444

Community Law Service

East Northants Office 01933
313020, Northampton Office
01604 621038

Northamptonshire Domestic Abuse Service

0300 0120154 or email
advice@ndas-org.co.uk