



Cicely Haughton Outreach Service

Wetley Rocks, ST9 0BX
Tel: 01782 550202 Mob: 07494131589
email: outreach@cicely.manorhall.academy



Coronavirus guidance on behalf of Outreach Service

During these unsettling times challenges will occur for all of us. Parents and carers who are supporting children with particular needs may find it difficult at this time as the routine that they rely on has been altered or temporarily put on hold.

The Government advice is for children and young people to remain at home if possible; school leaders are available to discuss the best option for your child.

Vulnerable children on the edge of receiving social, emotional and mental health (SEMH) support may fall outside the guidance; schools and safeguarding leaders are being asked to be flexible in offering support.

Online resources for parents & carers:

Well-being / mental health

[Information and advice from BBC Newsround](#)

[Well-being help and advice for parents, carers and children from Young Minds](#)

[Tips from Brighter Minds to help you and your family to stay healthy](#)

[Information and advice from Action for Children](#)

www.catch-22.org.uk/expertise/young-people-and-families

Sources of information

Government advice on the closure of schools for parents and carers

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>

DfE Coronavirus helpline

Email DfE.coronavirushelpline@education.gov.uk Telephone 0800 046 8687

If you have a query about coronavirus (COVID-19), relating to schools and other educational establishments in England contact our helpline.

Lines are open Monday to Friday from 8am to 6pm and weekends 10am to 4pm.

Home Learning Resources

[Premier League sport based learning supporting the whole curriculum](#)

[Free reading resources and online ebooks](#)

[Nature and outdoors based learning and fun activities from the RSPB](#)

[Daily P.E. lesson with Joe Wicks broadcast daily on his YouTube Channel 9.00-9.30am](#)

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

Additional support from Outreach Service

The Outreach Service is available to support you and your child during this time:

- Outreach Service: 07494131589
- Email: outreach@cicely.manorhall.academy

As we follow the Government advice and exercise social distancing, self-isolation, and working from home, it is possible we may feel stressed as our routines change. Planning new daily and weekly routines will help you and your family feel less stressed and more prepared. Keep as many of your family habits in place as

possible i.e. morning / bed times, lunch and dinner times and of course family time, try to be consistent. Make sure that you have some fun times; all these will help to provide security and well-being for you and your family. The above links that you and your family can access will help to structure your day, we will add other links in due course. The most important thing you can do is to love and care for your child and loved ones and provide them with reassurance that you and your family will be okay.

08/04/2020