

## Children's attendance

If your child is accessing school and does not come in on a day we expected them (eg if your shift has changed), please remember to phone us to say they will not be in. This is because we need to account for children we expect in.

## Loan of devices

We still have iPads available to be loaned out, so please contact us if you would like to borrow a device for the duration of this lockdown.

Using devices frequently? What's the **20-20-20 rule**? If you find yourself gazing at screens all day, this might be useful. Basically, every **20** minutes spent using a screen, you should try to look away at something that is **20** feet away from you for a total of **20** seconds.

## 8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN



**1**

### Know how to spot the signs

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### Create structure and routine

Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.



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### Give children a sense of control through information

Look online with your children to find useful information and resources that help children feel they have control.



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5

## Keep children learning



Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.



6

## Limit screen time and mix up activities



As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.



7

## Help your child manage stress



If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.



8

## Expressing feelings doesn't have to be face-to-face



Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.



### A helping hand

If you have any boy's trousers and/or undies that your little one has grown out of, Mrs Fawkes says that spares are always useful in pre-school and reception.

Thank you!

### Money Management Course

Adult Education are offering a free workshop for parents to learn how to budget more effectively. It is free to anyone who is not working, or earning less than £17,000. Please find the leaflet on the next page for further details



Adult Education  
in Gloucestershire

# Money Management Workshop



Transform your attitude to finances by learning how to stretch your money using a money planner and becoming an effective budgeter to improve your quality of life.

- ☑ Learn how to budget
- ☑ Look at incoming and outgoings and what is left
- ☑ How to save money
- ☑ Wants vs. Needs
- ☑ Benefits and disadvantages of borrowing money
- ☑ Where to get help if in debt

**Thursday 18th February 2021**  
**12:30pm – 3:00pm**  
**Online via Zoom**

To book on or for further information contact  
[nusrath.khan@gloucestershire.gov.uk](mailto:nusrath.khan@gloucestershire.gov.uk) / 07825424319

\*Free subject to eligibility

