

# News on the Nineteenth



Wormley CofE Primary School (VC)  
Cozens Lane East, Wormley, Broxbourne, Herts, EN106QA  
Tel: 01992 303331

[www.wormleyprimary.co.uk](http://www.wormleyprimary.co.uk)

April 2023

## WELCOME BACK

Welcome back to all our families. We hope you had a lovely Easter. We are into our Summer Term and have so much to do this half term, including national assessments in YR, Y1, Y2, Y4 and Y6; geography fieldwork; a Coronation Tea Party; and Sports Day.



## READING

Thank you for your support of our *Spring Reading Challenge Term*.

Three lucky families won cinema tickets in our reading raffle.



Please don't lose that focus on reading as helping your child to read fluently and with good understanding is a wonderful gift you can give them. Please protect time at home for reading every night - at least 20 minutes daily.

When possible, please read with your children and talk about their books. Children bring books home daily and have access to thousands of on-line books via *Epic!* and *myON*.

If children are not yet reading fluently, their progress across the whole curriculum can be hampered.

## IMPORTANT DATES

Bank Holiday for the King's Coronation  
8<sup>th</sup> May

SATS Weeks (Y2/Y6)  
9<sup>th</sup> - 25<sup>th</sup> May

SPORTS DAY  
26<sup>th</sup> May

HALF TERM  
29<sup>th</sup> May - 2nd June  
Children return on 5<sup>th</sup> June

END OF TERM  
21<sup>st</sup> July

## OUR VALUE THIS HALF TERM IS TRUST

We will be thinking about God's promises in the Bible and about how we can be more trustworthy, particularly in caring for others and our planet.

*"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."* Proverbs 3:5-6



## PLANNED ABSENCE

If you know your child needs to be absent from school, such as a dentist visit, a sport's fixture etc. please complete a request for absence form which can be found on our school website under the Attendance tab.

This form must be submitted to [attendance@wormleyprimary.co.uk](mailto:attendance@wormleyprimary.co.uk)

## LATE COLLECTION

Please let the school know as soon as possible if you will be late to collect your child(ren).

If you are very late, children may be placed in our Afterschool Club and parents will be charged for the session.

## GEOGRAPHY TERM

This term is our *Geography Term*.  
There will a focus on local *Geography* and fieldwork. The children will be going out into the local area to explore *Wormley*.



| Year Group                  | Fieldwork Destination  |
|-----------------------------|--|
| Year 1                      | Walk from school grounds, down the boardwalk to the River Lea at the Old Mill & Meadow. Walk up to St Augustine's Church then along the New River back to school   |
| Year 2                      | Walk from school grounds, along Cozens Lane East to the High Road and into Cozens Lane West. Follow the footpath up to Top Field and cross the A10 and into the car park at Baas Hill Common   |
| Year 3                      | Walk from the school grounds to the High Road. Walk along the High Road and turn right into Church Lane. Cross the New River then turn right along the river path into the playing fields at the next bridge OR pass the allotments and enter the playing fields on the right. Exit the playing fields by secondary school into Cozens Lane West, cross the High Road and return to school.  |
| Year 4                      | Leave the school grounds (traffic survey 1), follow Cozens Lane East to High Road (traffic survey 2 - on grass area by entrance of C Lane West), cross into Cozens Lane West and follow footpath past secondary school and up to Top Field. There is a spot at the top where you can look over A10 and do traffic survey 3. Cross A10 and enter Baas Hill Common. Walk to the far end and follow the footpath across the field and into Church lane. Traffic survey 4 outside church. Walk back to school via Church Lane and High Road. |
| Year 5                      | Leave school grounds, walk to the New River and follow it along to Broxbourne Church. Walk down to Old Mill and Meadow and onto the towpath of the River Lee. Turn right then turn right again into Silvermead. Follow path round until you reach the towpath again then turn left and follow the river back to Old Mill. Follow the boardwalk - at the far end of the car park by the cafe - and climb the steps back into the housing estate by school.  |
| Year 6<br>Rule<br>Britannia | Leave the school grounds and use the back path to walk through houses, turn left onto Wharf Road then cross the railway line and continue to the towpath. Walk along the review to see weir and then the lock. Turn right into the woods and weave through the lakes to return to the area of grass at the bottom of Wharf Road. Follow the same route back to school.   |

Over the next few weeks, children begin their world geography studies., each year group will study an area in the world:

|    |                                  |    |   |
|----|----------------------------------|----|---|
| Y1 | Kenya                            | Y2 | The Poles, the Sahara Desert and Malaysia |
| Y3 | Japan                            | Y4 | Brazil                                    |
| Y5 | The Mississippi in North America | Y6 | The Alps                                  |

Parents can find more details of our *Geography* curriculum and overview on our website.

## LEARNING CONSULTATIONS

Thank you to parents and carers who attended Learning Consultations at the end of last term.



This is a very valuable time to meet with teachers and find out about your child's progress and how you can help your child to achieve their best.

32 children did not have a parent or carer meet with their teacher either because the parent didn't turn up or cancelled the appointment at the last moment.

## RECEPTION HEIGHT, WEIGHT, VISION & AUDIOLOGY CHECK

More than 1 in 4 children aged 4 to 5 years are overweight or very overweight (clinical term is obese.)

Some children have missed essential 2 year checks as a result of lockdowns.

This **Friday 21<sup>st</sup> April**, school nurses will be in to carry out health checks with our Reception children.

You should have received information about this directly to your home from the NHS. You can download information via this link: <https://campaignresources.phe.gov.uk/resources/campaigns/17/resources/2286>

## IMPORTANT INFORMATION REGARDING NATIONAL ASSESSMENT IN 2023 KEY STAGE 1

The **Y1 Phonic Screening** will take place in the week commencing **5<sup>th</sup> June**. Parents and carers can support their children by reading with them daily and practising the high frequency words (list at the end of the newsletter)

The **KS1 SATS** will be administered during **May**. Parents and carers can support their children by reading with them daily, practising their number bonds to 20 and encouraging them to practise their handwriting.

### KEYSTAGE 2

The **Y4 multiplication tables check** will take place in the 3 weeks commencing **5<sup>th</sup> June**. Parents and carers can support their children by encouraging their children to practise their multiplication tables on TT Rockstars.

The **KS2 SATS** is timetabled from **9<sup>th</sup>- 12<sup>th</sup> May**. Parents and carers can support their children by encouraging them to read often and widely, use their SAT practice books to revise English and Maths and to practise areas of maths they find tricky on Freckle.



## RECEPTION PLACES



Our next cohort of children for Reception have been allocated their places. We will be sending out a welcome letter shortly to advise parents and carers of our planned transition events for June.

This year most of our Nursery children secured a place here at Wormley CofE Primary School.

## UNIFORM FOR PE

Children should be dressed in our school PE uniform.

The uniform is navy shorts/jogging bottoms and a plain sky blue t-shirt. Children should also wear a pair of trainers and a school sweatshirt during the colder weather.

Waterproofs are permitted when it rains.



Earrings must be removed or taped

## SPORTS AFTERSCHOOL CLUBS

| Times               | Years and Sport | Dates   |
|---------------------|-----------------|---|
| Monday<br>3:15-4:20 | KS1 Multisports | 18 <sup>th</sup> April - 26 <sup>th</sup> May |
| Tuesday 3:15-4:20   | KS1 Football    | 18 <sup>th</sup> April - 26 <sup>th</sup> May |
| Wednesday 3:15-4:20 | KS2 Football    | 18 <sup>th</sup> April - 26 <sup>th</sup> May |
| Thursday 3:15-4:20  | KS2 Multisports | 18 <sup>th</sup> April - 26 <sup>th</sup> May |
| Friday 3:15-4:20    | KS2 Dodgeball   | 18 <sup>th</sup> April - 26 <sup>th</sup> May |

### How to book

1. Visit [www.challengesporteducation.co.uk](http://www.challengesporteducation.co.uk)
2. Click book online
3. Click register now
4. Login and enter child's information
5. Select 'in school sports club' and click 'term course'. Select appropriate year group.
6. Select venue as Wormley > show results
7. Proceed to checkout & pay - you will then receive a confirmation email with all dates of the club

Children are collected from the school's front office.



Spaces come on a first come, first served basis. Any issues with booking, please contact 07720 683696.

### PTA UPDATE

The PTA have organised a friendly competition between classes which hopefully they will find fun, as well as learning about money - in a practical way.

#### *Coin Collection Challenge*

has been arranged by members of the PTA to assist us with funds ahead of the summer fayre.

Each class will have a milk bottle sized container that they can fill up with any spare change they can find.

The class with the most coins at the end of half term will win a prize.

Please do only give what you can, we are grateful for anything you can spare.

**COIN  
COLLECTION  
CHALLENGE**

All coppers and silvers welcome! Just bring them to class on any school day.  
**CHALLENGE ENDS MONDAY 5TH JUNE**  
We hope this will be a fun activity for the children as well as help raise funds for our school. Thank you for your support!

**Collect your change and bring it to school. The class with the most, will win something cool!**

**Prize for the winning class will be given out the week after the challenge ends!**

## FAMILIES FEELING SAFE COURSE

Are you looking for some strategies and new ideas to help improve family life?

This course can help you to:

- ✓ Understand the links between feelings, thoughts and behaviour
- ✓ Understand what may be influencing your child's behaviour
- ✓ Respond to a range of feelings e.g. stress, anger, anxiety and worries
- ✓ Improve communication to build better relationships
- ✓ Build on your own and your child's strengths
- ✓ Learn strategies to help you and your family feel safe and have problem-solving skills for life

**WHEN:** Thursday mornings 9.30am—11.30am - 27 April, 4, 11, 18, 25 May, 8, 15 & 22 June 2023

**WHERE:** At Wormley School Community Room Cozens Lane East, Broxbourne, EN10 6QA



## PARENTING COURSES

Please find details our Parenting Support Groups which will be running countywide both face-to-face and ONLINE for the **SUMMER TERM of 2023**.

Starting in **April and June**, we have **9 online** courses as well as **1 face to face** group.

We are really excited to return to supporting parents in person again. Our last face to face Talking Teens group was fully booked, with 97% attendance and all the parents who attended said how much they benefited from being in a room with other parents.

Each course runs over 6 weekly sessions and is offered FREE of charge to parents thanks to funding from Herts County Council:

**Talking Additional Needs (2 online courses)**

**Talking Families (4 online courses)**

**Talking Teens (1 online course/ 1 Welwyn/Hatfield district course)**

**Talking Dads (2 online courses)**



These course details via our social media channels (Facebook, Instagram and LinkedIn)

Email [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk) or phone to book 07512 709556

# TALKING ADDITIONAL NEEDS ONLINE



**Tuesdays 8—9.30pm** 18th April - 23rd May 2023 ID:576

**Tuesdays 9.45—11.15am** 6th June—11th July 2023 ID:575

**Free 6 week courses for parents and carers of children aged 2-19 years with a recognised additional need. Diagnosis is not essential.**

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage the different needs within your family.

'I have been on a few courses to help me with my son, this was by far the most helpful.'

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.



**PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM**

Full details on how to access and use Zoom will be offered.

**OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE**

**Pre-booking essential**  
**Please quote the course ID**  
To check eligibility and book a place, contact Supporting Links on:

**07512 709556**

[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)



These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund

# TALKING TEENS ONLINE



**Wednesdays 7.45-9.15pm** 19th Apr - 24th May ID: 581

Also running face to face in Welwyn Garden City  
**Wednesdays 7pm to 9pm** 7th Jun - 12th July 2023 ID: 582

**Our FREE 6 week online courses for parents and carers of children aged 12-19 will cover:**

- The Teen Brain: Recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- Maintaining your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate during a conflict situation.

'I have already changed my attitude towards my 12 turning 13 year old daughter by understanding her behaviour rather than being annoyed by it. The results have been quite remarkable.'

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.



**PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM**

Full details on how to access and use Zoom will be offered.

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These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund

## Parent & Carer Courses Summer Term 2023



### TALKING FAMILIES

Our FREE 6 week course for parents and carers of children aged 0-12 will cover

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.



**Thursdays 9.45-11.15am**  
20th Apr - 25th May  
Online Course 577

**Thursdays 8 - 9.30pm**  
20th Apr - 25th May  
Online Course 579

**Tuesdays 8.00 - 9.30pm**  
6th Jun - 11th Jul  
Online Course 580

**Wednesdays 9.45-11.15am**  
7th Jun - 12th Jul  
Online Course 578

### TALKING TEENS

Our FREE 6 week course for parents and carers of children aged 12-19 will cover

- The Teen Brain: the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



**Wednesdays 7.45-9.15pm**  
19th Apr - 24th May  
Online Course 581

**Wednesdays 7.00-9.00pm**  
7th Jun - 12th Jul  
**FACE - TO - FACE COURSE**  
Welwyn Course 582  
Ridgeway Academy

**Pre-booking essential**

To check eligibility and book a place, please contact Supporting Links on:  
**07512 709556**

[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)  
Quoting the Course ID

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## TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:



Dads, Step-Dads, Stay at home Dads, Working Dads...

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.

**Tuesdays 7.45-9.15pm**  
18th Apr - 23rd May  
Online Course 583

**Wednesdays 7.45-9.15pm**  
7th Jun - 12th Jul  
Online Course 584

## TALKING ADDITIONAL NEEDS

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.



**Tuesdays 8.00-9.30pm**  
18th Apr - 23rd May  
Online Course 576

**Tuesdays 9.45 - 11.15am**  
6th Jun - 11th Jul  
Online Course 575

**Courses are open to parents and carers living in Hertfordshire**

**Pre-booking essential**  
To check eligibility and book a place, please contact Supporting Links on:  
**07512 709556** or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)  
Quoting the Course ID

[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request



These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund

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## SAFER PLACES - SUPPORT FOR DOMESTIC VIOLENCE

"**Safer Places** provide life-changing and life-saving support services across Essex and Hertfordshire. Our new Live Chat service will allow us to reach more people affected by abuse and give survivors the opportunity to safely access non-judgemental support and advice. Coronavirus (COVID 19) has impacted upon us all and we are seeing a dramatic rise in the numbers of those wanting to access our services and how they wish to do so. It can be incredibly difficult to talk about abuse - and making a call can be difficult, now more than ever with abusers in the home. That's why we have worked around the clock to create our [Live Chat service](https://www.saferplaces.co.uk/) - <https://www.saferplaces.co.uk/>. Our qualified expert staff are now available by phone and live-chat every day, day and night. We want to reassure everyone in the communities that we serve that we are here for you, when you need us and how you need us, our support is led by you". **Janet Dalrymple, CEO of Safer Places**

The service is open between 8:30am and 5pm Monday to Friday and 8pm - 8am Fri - Sun 8pm - 8am

### **STAY IN TOUCH      STAY SAFE**

We have a school website, Twitter and Facebook account.

Register to receive our regular posts,

**@wormleyprimary** (for Twitter)

and find us on Facebook through

**Wormley Primary**

# Enjoy the outdoors but 'be tick aware' this Spring

## 1. WHAT IS A TICK?

**Ticks** are small, spider-like creatures that feed on the blood of animals, including people.

**The** size of a tick can vary, with a larva being as small as a tiny freckle, and fully fed females similar in size to a baked bean.

Tick attached to skin



Tick in the environment



## 2. WHERE DO YOU FIND TICKS?

**Ticks** live in many habitats but prefer moist areas with leaf litter or longer grass, like in woodland, grassland, moorland, heathland and some urban parks and gardens.

**Ticks** don't fly or jump. They wait on vegetation for a host to pass by, and then climb on.

**They** bite and attach to the skin and feed on blood for several days, before dropping off.

**Ticks** are found throughout the year, but are most active between spring and autumn

## 3. HOW TO AVOID TICKS

**Walk** on clearly defined paths to avoid brushing against vegetation

**Wear** light-coloured clothes so ticks can be spotted and brushed off

**Use** repellents such as DEET

**Carry** out a tick check

## 4. HOW TO DO A TICK CHECK

**Check** clothes and body regularly for ticks when outdoors and when you get home

**Check** children and pets as well

**Areas** that ticks may frequently be found include skin folds, armpits, groin, waistband area, back of the neck and hairline.

**Adults** are commonly bitten on the legs

**Children** are commonly bitten on the head or neck area

**Bites** can occur anywhere on the body and more than one tick can be attached at one time

## 5. IF YOU HAVE BEEN BITTEN

**Remove** ticks as soon as possible

**Use** a pair of fine-tipped tweezers or a tick removal tool.

**Grasp** the tick as close to the skin as possible and pull upwards slowly and firmly, as mouthparts left in the skin can cause a local infection

**Clean** the bite area and monitor it for several weeks for any changes.

**Ticks** can transmit bacteria that cause diseases such as Lyme disease.

**Contact** your GP promptly if you feel unwell with flu-like symptoms or Develop a spreading circular red rash - tell them you were bitten by a tick or have recently spent time outdoors

Tick removal with tweezers



Lyme disease bullseye rash





# Keeping you and your children safe from infection visiting farms & petting zoo

## 1. VISITING A FARM OR PETTING ZOO

**Visiting** a farm, animal attraction or petting zoo is lots of fun, but it's important to remember that animals can carry infections that can be harmful to people. Common types of illness include infection with cryptosporidium parvum, e.coli O157 and salmonella.

**All** these bacteria live in the gut of the animals and infections are caused either by touching animals in the petting and feeding areas or coming into contact with animal droppings on contaminated surfaces.

**These** harmful bacteria can get accidentally passed to your mouth by putting hands on faces or fingers in mouths before washing them thoroughly. It only takes a small number of the bacteria to cause infection.



## 2. PREVENTING INFECTION

**The** best way to stay safe is to practice good hygiene during and after your visit.

**Wash** your hands thoroughly with soap and water and avoid touching your mouth

## 3. FOLLOW THESE DO'S AND DON'TS TO KEEP SAFE

| Do <input checked="" type="checkbox"/>  | DON'T <input type="checkbox"/>  |
|---|---|
| <b>DO</b> Wash your hands thoroughly with soap and water after you have touched animals, fences, or other surfaces in animal areas                      | <b>DO NOT</b> put hands on faces or fingers in mouths while petting animals or walking round the farm                               |
| <b>DO</b> Wash your hands thoroughly with soap and water before eating or drinking  | <b>DO NOT</b> kiss farm animals or allow children to put their faces close to animals   |
| <b>DO</b> remove and clean boots or shoes that might have become soiled and clean pushchair wheels. Then wash your hands thoroughly with soap and water | <b>DO NOT</b> eat or drink while touching animals or walking round the farm. This includes not eating sweets, crisps or chewing gum |
| <b>DO</b> supervise children closely to ensure that they wash their hands thoroughly  | <b>DO NOT</b> eat anything that has fallen on the floor   |
| <b>DO</b> eat and drink in picnic areas or cafes only   | <b>DO NOT</b> use gels or wipes instead of washing hands with soap and water. Gels and wipes do not remove bugs in dirt             |

## 4. IF YOU ARE PREGNANT

**Pregnant** women need to take particular care handling pregnant sheep or lambs as infections acquired from these animals can be harmful to them and the unborn baby

## 5. What to do if you are unwell after a visit

**If** you feel unwell or having symptoms such as being sick or diarrhoea within 2 weeks of visiting a farm - contact your GP or call NHS 111

**If** you have bloody diarrhoea - seek immediate emergency medical attention

Issued March 2022



## CONTACT DETAILS

| Organisation        | What do they offer?                   | Contact Details |
|---------------------|---------------------------------------|-----------------|
| Children's Services | Emergency safeguarding                | 0300 123 4043   |
| Samaritans          | Crisis mental health support          | 116 123         |
| Childline           | Support for children and young people | 0800 1111       |

|                                       |   |               |
|---------------------------------------|---|---------------|
| National Centre for Domestic Violence | Providing emergency injunctions within two weeks of police involvements | 0808 2000 247 |
| Sunflower                             | Domestic abuse helpline   | 0808 808 8088 |
| Out of hours mental health support    |   | 01438 843322  |
| Hertfordshire Nightlight              | Out of hours crisis support   | 01923 256391  |
| Child Law Advice                      | Advice on legal matters to do with child law                            | 0300 330 5480 |

  

| Organisation                        | What do they offer?   | Contact Details   |
|-------------------------------------|---|---|
| Young Minds                         | Great resources and ideas about things adults and young people can do to manage any stress and anxiety they may experience in relation to coronavirus   | <a href="https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-aboutcoronavirus/">https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-aboutcoronavirus/</a>   |
| Young Minds                         | The following Young Minds link addresses how to look after your mental health when self isolating   | <a href="https://youngminds.org.uk/blog/looking-after-your-mental-health-while-selfisolating/">https://youngminds.org.uk/blog/looking-after-your-mental-health-while-selfisolating/</a>   |
| Centre for Disease Control          | Helpful messages on how to talk to children about Coronavirus   | <a href="https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html">https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html</a>   |
| Every Mind Matters                  | Provides general information about looking after your mental health which would be relevant during this challenging time as much as at any other time and provides top tips to improve emotional wellbeing                                | <a href="https://www.nhs.uk/oneyou/every-mindmatters/">https://www.nhs.uk/oneyou/every-mindmatters/</a>   |
| Mind                                | Provides useful information about how to cope if people feel anxious about coronavirus, how to manage staying well at home if being asked to self-isolate and taking care of your mental health and wellbeing among other tips and advice | <a href="https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/">https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/</a>   |
| Video for parents                   | Regarding the Coronavirus   | <a href="https://www.youtube.com/watch?v=ZnANLAcprZ4&amp;feature=youtu.be">https://www.youtube.com/watch?v=ZnANLAcprZ4&amp;feature=youtu.be</a>   |
| Video for children and young people | Regarding the Coronavirus   | <a href="https://www.youtube.com/watch?v=ME5IZn4-BAK&amp;feature=youtu.be">https://www.youtube.com/watch?v=ME5IZn4-BAK&amp;feature=youtu.be</a>   |
| Healthy Young Minds                 | There will be a weekly update via the Healthy Young Minds in Herts website where the information will be shared.  | <a href="https://healthyyoungmindsinherts.org.uk/schools/how-lookafter-your-mental-health-and-emotional-wellbeing-during-covid-19-outbreak">https://healthyyoungmindsinherts.org.uk/schools/how-lookafter-your-mental-health-and-emotional-wellbeing-during-covid-19-outbreak</a> |
| Just Talk                           | We will also ensure there is helpful safe advice around managing self-care. There will also be a webpage for young people and families, focussed on how to cope during  | <a href="http://www.justtalkherts.org">www.justtalkherts.org</a>  |

|        |  |  |
|--------|--|--|
|        | periods of self-isolation, appearing very soon |  |
| Unicef | Information regarding Coronavirus              | <a href="http://www.unicef.org/coronaviruses/covid-19">www.unicef.org/coronaviruses/covid-19</a> |

| Organisation               | What do they offer?  | Contact Details   |
|----------------------------|--|---|
| Single Point of Access     | Mental health triage for access to mental health support   | 0300 777 0707   |
| Mind                       | Mental health support  | 0300 123 3393   |
| Young Minds                | Parent helpline for children and adolescents with mental health issues   | <a href="http://youngminds.org.uk/find-help/for-parents/parents-helpline/">youngminds.org.uk/find-help/for-parents/parents-helpline/</a><br><br>0808 802 5544 |
| Rethink / Give us a shout  | Mental health support and advice - online, by phone and via text   | Text 'SHOUT' to 85258<br><a href="http://www.giveushout.org">www.giveushout.org</a><br><a href="http://www.rethink.org.uk">www.rethink.org.uk</a>             |
| Mind Hertfordshire Network | Provides a crisis helpline for anyone experiencing mental health distress or requiring emotional support and signposting. Professionals, family/ friends can call on someone's behalf with the individual's consent. | 01923 256 391<br><a href="https://www.hertsmindnetwork.org/">https://www.hertsmindnetwork.org/</a>  |
| Sane Line                  |  | 0300 304 7000<br><a href="http://www.sane.org.uk">www.sane.org.uk</a>   |

| Organisation        | What do they offer?     | Contact Details  |
|---------------------|-------------------------|--|
| Family Lives        |                         | 0808 800 2222<br><br><a href="http://familylives.org.uk">familylives.org.uk</a>  |
| NSPCC               | Positive parenting tips | <a href="http://www.learning.nspcc.org.uk/research-resources/leaflets/positive-parenting/">www.learning.nspcc.org.uk/research-resources/leaflets/positive-parenting/</a> |
| Care for the family |                         | <a href="http://www.careforthefamily.org.uk/family-life/parent-support">www.careforthefamily.org.uk/family-life/parent-support</a>                                       |
| Action for children |                         | <a href="http://actionforchildren.org.uk/support-for-parents">actionforchildren.org.uk/support-for-parents</a>   |