



HALTON LODGE PRIMARY SCHOOL

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NEWSLETTER

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3rd April 2020



We hope this newsletter finds you, and all of your family and closest friends well; and you are coping as well as can be expected in this difficult time.

We have gathered lots of useful information that may be relevant to you and your family - and will continue to search for local support. Should we find more information, we will include this in future updates and newsletters over the coming weeks.

Please keep in mind that if your circumstances have changed, you may now be eligible for Free School Meals. This information can be found on www.halton.gov.uk and search for free school meals - or you can email RutlandHouseSharedAdminTeam@halton.gov.uk or call 0151 511 7188.

If you require any additional support or advice please do not hesitate to get in touch via Studybugs or by emailing head.haltonlodge@halton.gov.uk.

Benefits-Related Free School Meals

During the period that schools are closed, those children who are entitled to benefits-related free school meals (including over the Easter period) are still entitled to collect a school meal (in the form of a packed lunch) from the school.



At the moment, these meals can be collected from outside the school – immediately outside the school hall / school kitchen – between 11:00am and 12:30pm each day. **However, over the Easter period, these will only be available for collection on:**

- Monday 6th April – between 11am and 12:30pm
- Wednesday 8th April – between 11am and 12:30pm
- Tuesday 14th April – between 11am and 12:30pm
- Thursday 16th April – between 11am and 12:30pm

On these days, the packed lunches will include twice the amount of food and include items (e.g. sandwiches) that can be stored in the fridge overnight or are non-perishable.

From Monday 20th April we will return to daily collections. Nevertheless, over the next two weeks, we will be exploring the option of weekly food parcels and/or e-vouchers as an alternative; should these prove to be more beneficial to any of our families.

IF YOU FEEL THAT THERE IS ANY POSSIBILITY THAT YOU MAY NOW BE ENTITLED TO FREE SCHOOL MEALS, PLEASE TAKE SOME TIME TO CHECK THIS OUT (USING THE INFORMATION ABOVE).



Maintaining Contact With You & Your Child 'Home Learning'

The initial Home Learning Packs sent out by the teaching staff at our school were initially designed to provide activities to support your child with their education for a period of around three weeks. As the period of school closures remains unclear, staff have been adding extra information, activities and suggestions through Seesaw and, for our pupils in Reception Class, Tapestry. **Please make sure you and your child(ren) log into and communicate through these apps a couple of times each week, as a minimum.**

We appreciate that a lot of the 'new' activities and suggestions involve accessing learning activities and websites online. If this is posing you a real challenge, please let us know and we will see what we can do to help!

We know that not all families have access to the internet or, if they do, this may be limited to mobile phones so we have done some research; and found a basic broadband package from BT (see below). If you are aware of better alternative deals, please let us know so that we can share these with other families.

Over the next few weeks, it is likely that your child's class teacher will contact you by telephone – to talk with your child – to find out how things are going at home, find out what they have been up to and to see how they can help in any way. These calls may be made from a withheld number, one of the school mobiles or the school landline. Please ensure that you pick up these calls – and allow us to keep in touch – so that we can fulfil our safeguarding responsibilities whilst the children are at home.

What do you get with BT Basic + Broadband?

BT Basic + Broadband includes 15GB usage, which typically means you can:

- Browse the internet for up to half an hour a day
- Stream enough video to watch one standard definition film a month
- Upload 100 photos a month
- Listen to 100 music tracks (or ten albums) a month
- Play online games for an hour a week

- BT Virus Protect & BT Parental Controls
- BT Wi-fi, with access to over five million public wireless hotspots in the UK.

BT Wi-Fi

BT Basic + Broadband will cost **£10.07** in total a month (which includes your BT Basic line rental).

You won't need to pay a connection charge for installing broadband, but there will be a postage and packaging charge for the BT Home Hub router that is needed for the broadband to work. If you go over your broadband usage limit, a charge will apply. BT will email you if you are close to going over the limit.

Contact Telephone 0800 800 150

Other Options:

Tether your mobile - If you've got all you can eat data with your mobile phone contract, you may be able to link your laptop or tablet to your phone (known as tethering), and get online that way.

Short term and no contract broadband - It's becoming more common for well-known providers to offer short term and no contract deals. Some providers offer much shorter deals, starting at 30 days with no compulsory renewal after the period ends. Some of the providers included are SSE, Virgin Media, Sky Broadband and Zen. It's worth researching what's out there if you're considering taking up this type of deal. ***When contacting the provider explain that it is compulsory that your child/ren access the internet for their Home Learning due to the current crisis and if there are any special deals in place.***



Other Support Services That May Be Of Use To You

COUNCIL TAX SUPPORT & WELFARE ADVICE

Support information around paying council tax for members of the public who are struggling financially
<https://www3.halton.gov.uk/Pages/CouncilandBenefits/Housing-Benefits.aspx>

CORONAVIRUS AND YOUR MENTAL HEALTH AND WELLBEING

There are lots of things you can try to do to help with your mental health and wellbeing during this difficult and stressful time whether you are self-isolating or distancing yourself socially it is important that you not only look after your physical wellbeing but also your mental health. Please see below some supporting agencies or suggestion that may benefit you.

ADULTS

Mind- Lots of support and resources to help support your mental health

www.mind.org.uk

Local Help Site to help others or for others to help you if needed

<https://www.local-help.site/halton>

Grief Chat – Support for grieving or bereaved by qualified counsellors. 01524 782910

www.griefchat.co.uk

CHILDREN AND YOUNG PEOPLE

Young Minds- Support on looking after your mental health during this difficult time

<https://www.mind.org.uk/information-support/for-children-and-young-people/understanding-my-feelings/>

Child Line- 0800 11 11 - Info and advice for children on worries about the world including coronavirus

www.childline.org.uk

Charlie Waller Memorial Trust – For support for parents to help their children's own mental health.

www.cwmt.org.uk/mental-health-coronavirus

OLDER PEOPLE

Age UK- info and advice regarding coronavirus

www.ageuk.org.uk

The Silver line-Confidential telephone helpline providing info, advice and support to older people

www.thesilverline.org.uk

FINANCIAL HELP AND RIGHTS

Government support - coronavirus support for employees benefit claimants and businesses

www.gov.uk

-Citizens Advice Helpline 03444 111 444

www.citizensadvice.org.uk

Welfare Rights 0151 511 8930.

www3.halton.gov.uk

Buttle Uk- Offer's grant if criteria can be met for several reasons.

www.buttleuk.org

WELLBEING ENTERPRISE- 01928 589799

Join us online via Zoom for this 8 week life skills course. Learn top tips to manage challenges and setbacks and how to improve your confidence and wellbeing levels. Mental health support facilitated by a Wellbeing Officer.
www.wellbeingenterprises.org.uk

13/04.2020

Living Life to the Full (online) for ages 10 -16

Exclusive for ages 10 – 16

Time: 14:30 - 16:00

Duration: 8 weeks

15/04.2020

Living Life to the Full (online)

Time: 09:30 - 11:00

Adults

Duration: 8 weeks

15.04.2020
Living Life to the Full (online)
Time: 12:30 - 14:00
Adults
Duration: 8 weeks

FOOD BANK VOUCHERS

There are several distribution points for collection of food across Halton depending on where you live.

The vouchers can be collected from:

Attendance & Behaviour Service (HBC)
Changing Lives
Cheshire Police
Citizens Advice Halton
HBC Social Services (IAT) Initial Assessment Team
Halton Family Nurse Partnership
Halton Housing Trust – Tenancy Support Team
Halton Housing Trust – Welfare Benefits Team
Halton People Into Jobs
Jobcentre Plus
Nightstop Communities
Outreach Team (Mental Health)
Plus Dane Shap Ltd
Rapid Access Rehabilitation Services (RARS)
Recovery Team (Mental Health)
Royal British Legion
Think Wellbeing Halton
Umbrella Halton
Young Addaction Halton
Young Parent's Midwife
St Pauls Health Centre
Castlefields Health Centre

SCAMS RELATING TO CORONAVIRUS-

Halton's Trading Standards are issuing advice having been made aware of a number of scams relating to coronavirus. Scammers are already exploiting the coronavirus situation, cashing in on people's concerns and fears. There are current scams here and abroad:

Charities must be registered with the Charity Commission (<https://beta.charitycommission.gov.uk/>) – check they are legitimate before you donate

If you or somebody you know has been caught out by a scam or fraud please contact one of their specialist officers, Linda or Sue on 0151 511 8785 or 0151 511 8775, who are already working with people in Halton who have lost thousands of pounds to scams.

ONLINE SAFETY

<https://www.childnet.com/resources/online-safety-activities-you-can-do-from-home?utm>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>