



Activities & Events for SEND

For Your Interest

April 2020

Schools Out... until further notice!

Due to coronavirus (Covid-19), all activities scheduled for the Easter Holidays for families in the Plymouth area, including those with additional needs are cancelled or postponed.

So this is a newsletter with a difference from our usual format, but we hope you will find the information useful during these unprecedented times.



Update Parent Survey "Off-Rolling" 2020

Thank you for the 56 responses so far. You still have until Tuesday 31 March 2020, if you'd like to take part.

Researchers at the Universities of Exeter and Plymouth are investigating 'off-rolling' where schools remove a child from roll when it is not in the child's best interests. This might involve schools advising parents or carers that their child would benefit from 'home education' or placement in another school or setting.

This research project will involve interviewing head teachers but researchers also want to hear about the experiences of parents or carers, especially those who have challenged their schools advice with the help and support of an advisory service.

[Take the Survey](#)



Connect with us on Facebook

Stay up to date with information, activities and events happening in the Plymouth area by liking us at facebook.



PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



If you would like to be added to our mailing list to hear about future editions of our newsletter, please contact: suzanne.davey@plymouth.gov.uk



Contents...

PIAS Support for Parents	2
Coronavirus (Covid-19)	3
Guidance for households with possible Coronavirus	4
Coronavirus: Booklet for children	5-7
Educational Psychology Service	
Coronavirus Looking after yourself, looking after your children	8
Looking after yourself	9-10
Looking after your children	11
Example Timetables	12
Talking to children about coronavirus & sources of support	13-15
Resources for home education	16-18
Reference Documents	19
Educational Psychology Service	
Coming to terms with school changes linked to Coronavirus	20
Managing Mental Health	
Coronavirus: How to look after your mental health	21
Managing stress, changes to Mental Health Act	22-23
World Health Organisation Advice	
Coping with stress and helping children cope during coronavirus outbreak	24-25
Activities Online	26-27
More ideas at home	28-31
IT security & coronavirus	32-34
Research Opportunity	35

www.plymouthias.org.uk
Email: pias@plymouth.gov.uk



PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND



Coronavirus Notice

Due to the Coronavirus Pandemic our office is now closed until further notice and following Government guidelines PIAS staff are now working from home.

See the [latest information about coronavirus \(COVID-19\)](#).

PIAS Support to Parents

You can still call PIAS for information, advice and support. We are still providing our usual service by telephone, email, through our website and Facebook pages.

Unfortunately we have also suspended delivery of our Parenting Programmes, but are still taking applications for future courses online.

Please call us on **01752 258933** or **0800 953 1131** and press

- **Option 1** for **SEND Enquiries**
- **Option 2** for **Parenting Programme or enquiries**

Our enquiry line is open from:

Monday—Thursday: 9.00am to 5.00pm

Friday: 9.00am to 4.30pm

Alternatively you can email us at: pias@plymouth.gov.uk

Visit our website at: www.plymouthias.org.uk

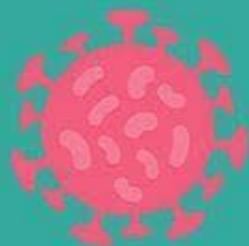
Stay up to date with the latest news and information by following us on Facebook: www.facebook.com/plymouthias/



Do you Know the Symptoms of coronavirus?

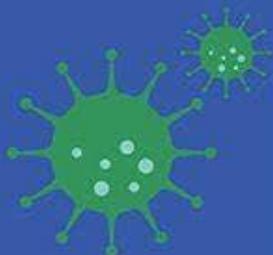
COVID-19

- ✓ Fever
- ✓ Dry Cough
- ✓ Fatigue
- ✓ Shortness of Breath



Flu

- ✓ Fever
- ✓ Dry Cough
- ✓ Runny Nose
- ✓ Headache
- ✓ Sore Throat
- ✓ Muscle and Joint Pain



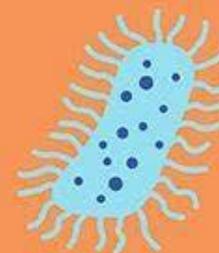
Cold

- ✓ Cough
- ✓ Sore Throat
- ✓ Aches and Pains
- ✓ Runny or Stuffy Nose
- ✓ Watery Eyes
- ✓ Sneezing



Allergies

- ✓ Sneezing
- ✓ Coughing
- ✓ Itchy Eyes
- ✓ Runny or Stuffy Nose



RIVERSIDE riversideonline.com

NHS information about how coronavirus is spread and how to avoid catching or spreading germs:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Guidance on social distancing and protecting older people and vulnerable people:

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

Stay at home guidance for people with confirmed or possible infection:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Read about the UK Government response:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

Coronavirus

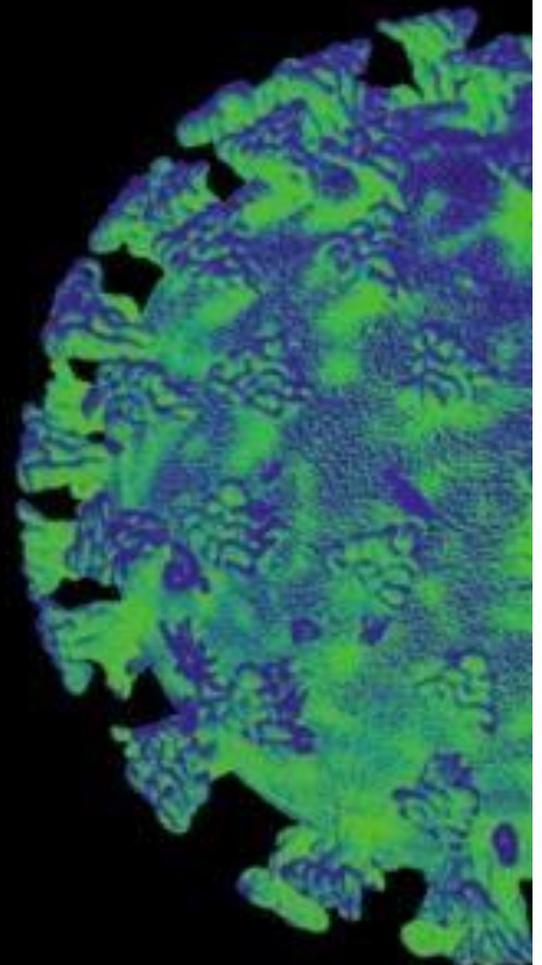
Isolate your household

Stay at home

If you or anyone in your household has a high temperature or a new and continuous cough – even if it's mild

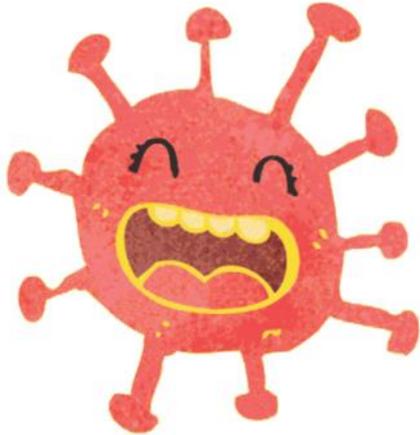
- ✔ Everyone in your household must **stay at home** for 14 days and keep away from others.
- ✘ **DO NOT** go to your GP or hospital.
- ✔ **Go to NHS.UK** to check your symptoms and follow the specialist medical advice. Only call NHS 111 if you can't get online or your symptoms worsen.
- ✔ **Protect** older people and those with existing health conditions by avoiding contact.

Find out how to isolate your household at nhs.uk/coronavirus



HELLO!

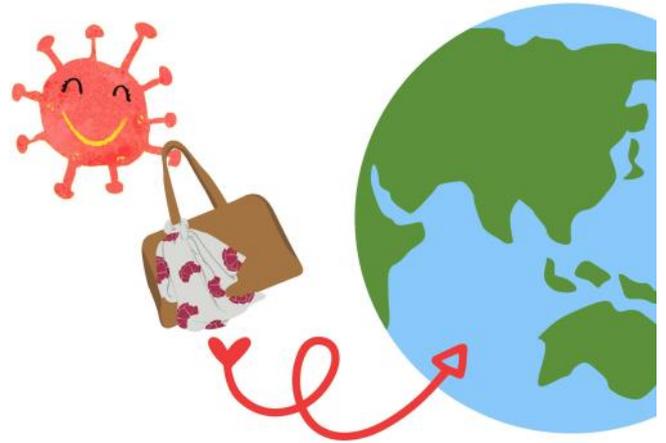
I am a **VIRUS**,
cousins with the **Flu** and
the **Common Cold**



My name is **Coronavirus**

MANUELA MOLINA - @MINDHEART.KIDS
WWW.MINDHEART.CO
CC BY-NC-SA 4.0 INTERNACIONAL PUBLIC LICENSE

I love to travel...



and to jump
from hand to
hand to say Hi

**HIGH
FIVE**



Have you heard about me?

YES NO

And how do you feel when
you hear my name?



Relaxed



Confused



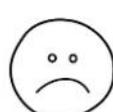
Worried



Curious

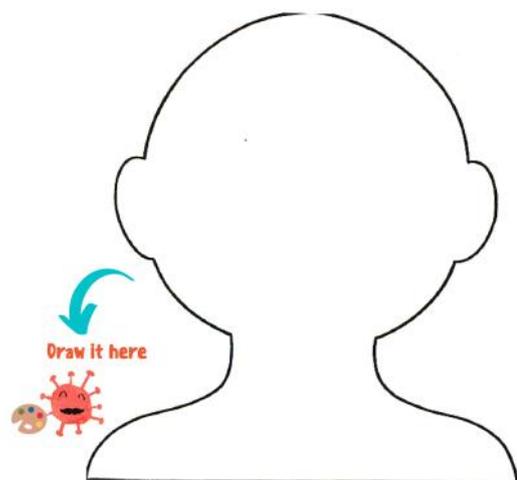


Nervous



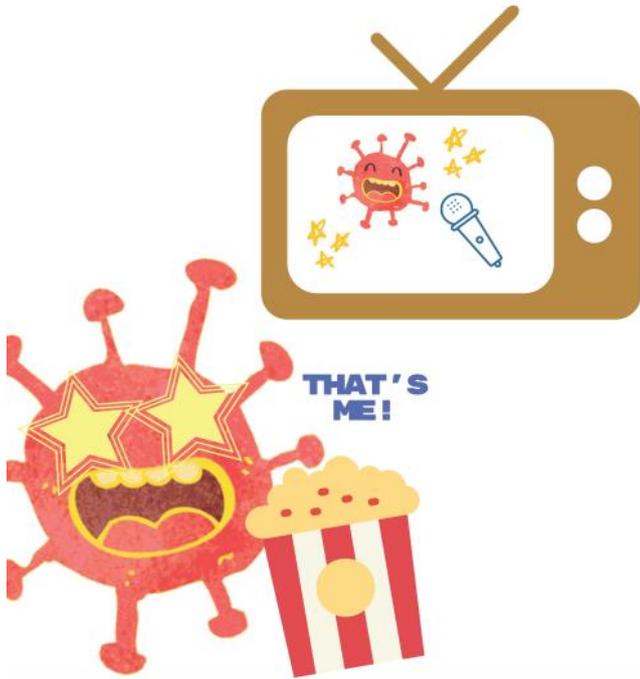
Sad

I can understand you
feel...

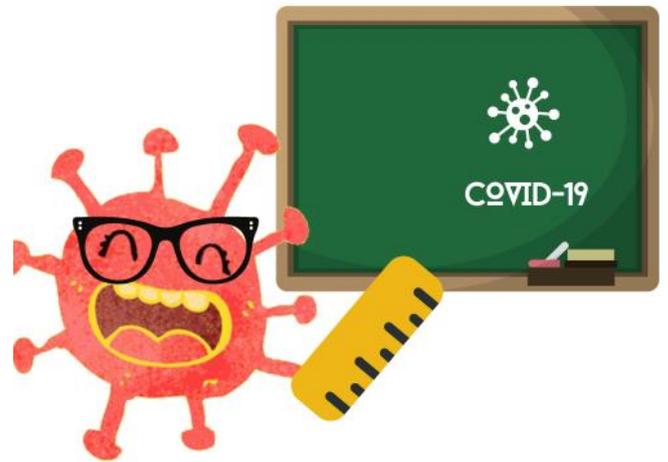


...I would feel the same way

Sometimes adults get worried when they read the news or see me on TV



But I am going to explain myself...

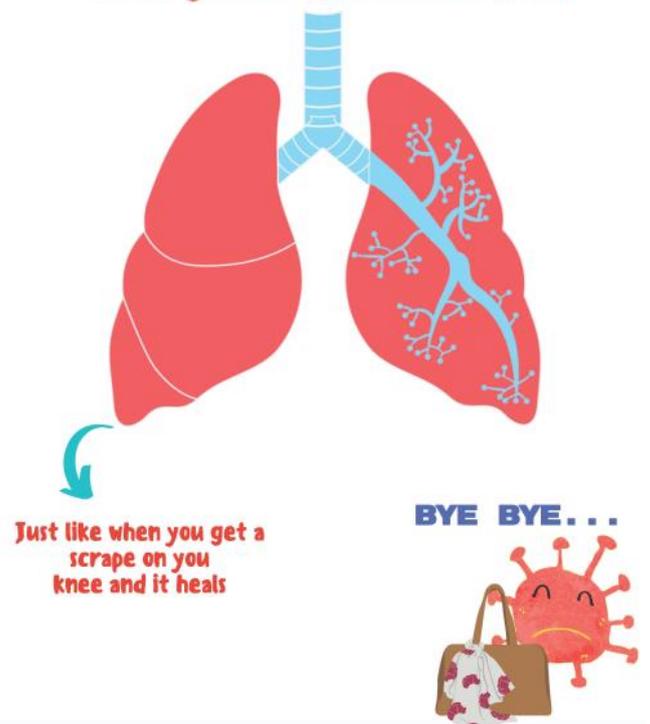


So you can understand...

When I come to visit, I bring...



But I don't stay with people for long, and almost everyone gets better



Dont you worry!

The adults who take care of you:

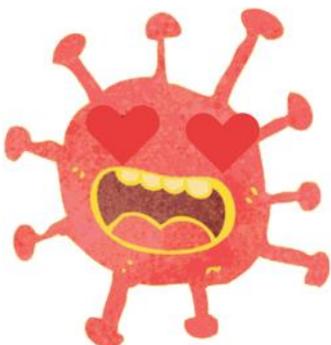
will keep you safe



**If you do all that
I will not come to visit**



**while the doctors work to find a vaccine
that will allow me to say hi
without getting you sick.**



MANUELA MOLINA - @MINDHEART.KIDS
WWW.MINDHEART.CO
CC BY-NC-SA 4.0 INTERNACIONAL PUBLIC LICENSE

And you can help...

1



**By washing your hands
with soap and water
while singing a song**



**You can sign your favorite song,
the happy birthday song, or the
alphabet song**

2



**By using hand sanitizer
and letting it dry on
your hands**

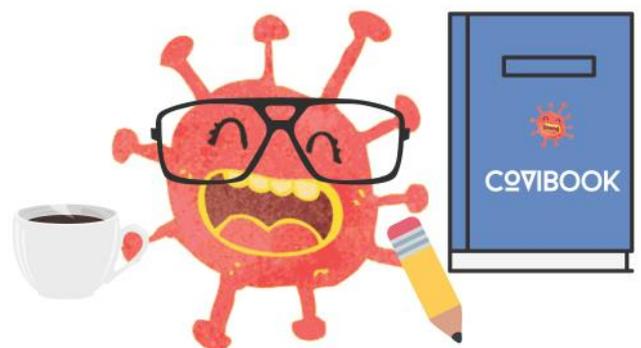


Without moving them count to 10

1, 2, 3, 4, 5, 6, 7, 8, 9, 10

**Once your hands are dry you can get
back to playing!!**

THE END



Download this PDF here:

www.mindheart.co/descargables

**Author:
Manuela Molina Cruz
Instagram: @mindheart.kids
manuela_825@hotmail.com**

CC BY-NC-SA 4.0 Internacional Public License

Looking after yourself, looking after your children

There is a lot of uncertainty around the current COVID-19 outbreak, particularly given that the situation is constantly developing and the information about the virus remains incomplete.

Understandably, this is causing a lot of worry and anxiety for people. Potentially coping with isolation, and having children and young people at home, often when people are trying to work themselves, adds another layer of stress. It is therefore important to not only consider our physical health during such challenging times, but also to pay attention to our mental health. It is normal to feel worried, stressed and anxious when we are faced with uncertain situations, but the sooner we acknowledge and learn to take care of our mental health, the healthier and better equipped we'll be to cope with the situation we're having to face.

Educational Psychology Service, Plymouth City Council

Coronavirus (COVID-19): what you need to do

Stay at home

- Only go outside for food, health reasons or work (where this absolutely cannot be done from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home

You can spread the virus even if you don't have symptoms.

[Full guidance on staying at home and away from others](#)

**STAY AT
HOME** 

**PROTECT
THE NHS**

 **save
lives**

[Guidance on staying at home
& away from others](#)

Looking after yourself

Taking care of our mental health and checking in on others is something that we can all do, and we need to remember that by looking after our own mental health, we'll be best placed to look after our children. Remember when they tell you on aeroplanes that you need to put on your own oxygen mask before helping others, it's like that.

We often feel threatened by the unknown, particularly under these conditions. Those that have survived harsh and isolated environments talk about focussing on the positives and actively thinking rationally about their situation. This requires you to determine what the actual risks are and what you can do to minimise them. It might help to think of what advice you would give to somebody who had not experienced the pandemic. It also helps to focus on the moment to short-term future. What are the immediate and/or achievable tasks you can focus on in the next hour, day or week?

Inevitably you will experience slumps. Life will be very different and likely to be less stimulating. Plan for these ebbs in mood but try to take control of the thinking. Focus on what you have been able to achieve during this period. Celebrate that you are coping. Link up with others (virtually) to have celebratory meals: milestones, birthdays, anniversaries, every tenth day since it began could all be reasons to celebrate.

Anxiety UK recommends the 'apple' technique:

- **Acknowledge:** Notice and acknowledge the uncertainty as it comes to mind.
- **Pause:** Don't react as you normally do. Don't react at all. Pause and breathe.
- **Pull back:** Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary. It is only a thought or feeling. Don't believe everything you think. Thoughts are not statements or facts.
- **Let go:** Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.
- **Explore:** Explore the present moment, because right now, in this moment, all is well. Notice your breathing and the sensations of your breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell. Right now. Then shift your focus of attention to something else - on what you need to do, on what you were doing before you noticed the worry, or do something else - mindfully with your full attention.

Time is precious, especially when looking after children. However, try to plan your days or weeks to include something from each of the '5 ways to wellbeing' (developed by NEF).

BE ACTIVE

Try to make sure that you and your family get regular exercise every day. You Tube has lots of exercise videos for kids and adults. Get children involved in planning their own 'indoor PE'. If current government advice permits, try to get outside once a day either into your garden if you have one or in a place where there are few people. If you can't go out, open the windows for some fresh air and take some time to look at the world outside.

TAKE NOTICE

Take a break from the news and social media and concentrate on what's happening in the here and now in your family. Notice and appreciate the small things.

Studies have shown that being aware of what is taking place in the present directly enhances your wellbeing.

There's lots of good mindfulness apps to try, but if that's not for you, just getting into something you enjoy e.g. cooking, drawing etc and really focussing on it can be just as good.

CONNECT

Social connection is one of the most important ways that we can look after our mental wellbeing. Social distancing is going to make that trickier, but we're lucky enough to have technology to help us out. Think physical distancing, but social connections.

Social media is great, but if you can, try to have phone calls or even video calls. Arrange to Facetime/Skype a friend for coffee, phone relatives more often than usual. Whilst it can be helpful to share worries, try to find other things to talk about too. If you are isolated in close proximity with a small number of other people your capacity for tolerance will be tested, whilst also needing to ensure your own character and personality traits are as tolerable as possible!

Self-restraint will be required and can be helped by identifying a 'safe space' for each individual to be able to retreat to if they become frustrated or overwhelmed. Agree ground rules for how you are going to communicate, particularly if something is irritating or challenging you.

GIVE

Research tells us that giving back to our community helps people to feel valuable and makes us happier. We might not be able to contribute to our community in our usual way, but many people will still be able to find ways to give back.

Lots of community groups are setting up schemes that aim to help vulnerable people at this difficult time. If you want to get involved, check out local social media for ideas.

Many of us will not be in a position to offer practical support. We can still offer mutual support to friends and family by checking in with them regularly.

KEEP LEARNING

Learning a new skill or honing an existing one gives us a sense of purpose and achievement. Whilst we're busy learning, we're less likely to experience anxious thoughts and worries.

Social-distancing will bring new challenges, but it will give many of us the time to start a new hobby or learn about an area that we've always been interested in.

Looking after your children

For the most part, children will need what they've always needed; love, attention and opportunities to learn and play. If children are home for long periods because of social-distancing or self-isolation, the following tips might be helpful:

Try and keep to a structure and routine that suits you. Keep bedtime and morning routines close to existing ones to promote a sense of normality that children will find reassuring. Encouraging them to get up and dressed during the week will help maintain some difference between weekdays and weekends.

Keep boundaries firm and make it clear that you expect the same standards of behaviour as usual. Boundaries show that adults are still in control and taking care of them, which helps children to feel safe.

Make sure they get some time to burn off energy every day. Younger children will enjoy assault courses, discos etc. Older children and teens might respond better to fitness videos.

Expect children to do some learning every day. In the longer-term schools are likely to provide opportunities for online learning. In the short term, or as extra activities there are a wealth of helpful websites, many of which they will be able to access independently. Continuing with their learning helps promote a sense of normality and purpose as well as keeping them up to date for when they are back at school.

Find opportunities for them to interact with their friends remotely. For tweens and teens, contact with their peers is especially important. Technology provides lots of opportunities for older children to connect, chat and game together. But be wary of giving unsupervised access to platforms that you would not normally allow your child onto; the internet still poses the same risks as in normal times.

Balance screen time with other activities. Challenge children to learn new skills that don't involve screens e.g. tying shoe laces, juggling, baking. Older children might want to set their own goals.

Give children opportunities to have a say in what will be happening. They may have had a lot of their freedoms and choices removed for a while and may feel powerless or angry. Older children and teenagers will be more able to understand the risks in too much screen time, too little sleep, inactivity etc. They are more likely to 'buy in' to new rules and routines if they feel that they have a voice. Family meetings where children and adults problem-solve together can be helpful for this.

(<https://bristolchildparentsupport.co.uk/ready-family-meetings/>)

There are some example timetables on the next page. These are just shared as a guide but may be helpful in terms of thinking about how to maintain some structure and routine throughout days at home.

Remember to intersperse activities with breaks, and don't forget healthy snacks and drinks!

The last pages in this pack have links to websites with helpful ideas and activities covering a range of topics.

Example Timetables

Get ready for the day	☐ Have breakfast, have a wash, get dressed
9am Activity 1	☐ Online learning from school OR a craft activity (cutting and sticking, painting, baking)
10am Activity 2	• Online learning from school OR some writing or maths - write a story, count coins
11am Get active!	☐ Play in the garden, do an exercise video
12 Lunchtime	
1pm Help about the house	☐ Help tidy up, Hoover, wash up
2pm Quiet time	• Do something calm, like reading or colouring
3pm Activity 3	• Online learning from school OR be creative – make some music, design an outfit
4pm Have some free time	☐ Enjoy toys and tech
5pm Dinner time	☐ Help prepare dinner – help tidy up too!
6pm Family time	☐ Play a game, watch a movie, spend time together
Get ready for bed	• Have a bath, get pyjamas on, read a story

- 45 mins Academic learning
- 45 mins Creative Activities
- 45 mins Exercise
- Have lunch
- Downtime
- 45 mins Academic learning
- 45 mins Help around the house
- Free time
- Have dinner
- Contact family and friends - phone, Facetime, email
- Free time
- Get ready for bed

Talking to children about Coronavirus (COVID-19)

Although it's tempting to try and protect children from difficult topics, they are more likely to worry when they're kept in the dark. Children and teenagers will be aware of what is happening but may not have all the facts they need to understand it.

These tips will help you communicate about Coronavirus with your child:

- Take time to talk and listen. Be clear that you are happy to answer any questions that they have. Be led by your child as they may not be that interested or want to know everything all at once. Try to answer any questions honestly but keep things in context e.g. "Sadly, some people do die, but the vast majority of people will recover, and children seem to be only mildly affected".
- Reassure them that their own risk is very low but that we all need to 'do our bit' to look after people who might be very unwell. Underline how helpful they are being by following the rules about hygiene and social-distancing. Knowing we're being altruistic helps us to bear the tough times.
- Give positive messages about everything you are doing as a family to keep yourselves safe. Talk about all the work people around the world are doing to find treatments and a vaccine.
- Keep explanations developmentally appropriate.
 - ◆ Young children up to about age seven will need very simple explanations that relate to their own experiences. Explain that, like other germs, Coronavirus can spread between people and make them ill. But because Coronavirus is a new germ that we don't know everything about, we need to take more care and so things might be a bit different for a while.
 - ◆ Older children and tweens will want to know more. They may have heard partial explanation and 'filled in the gaps' themselves with their own ideas, so check what they already think they know about it.
 - ◆ Teenagers have a similar capacity to understand what's going on as adults. They will need calm, factual information and opportunities to talk through their worries and disappointments.
- Give them the opportunity to talk about their feelings. Our instinct might be to 'make it all better', but it is normal to feel scared, sad and angry in the face of what's happening. Tell them that what is happening is not normal but that their feelings are.



General—for parents

Samaritans

Call 116 123

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Mind UK

<https://www.mind.org.uk/>

<https://www.mind.org.uk/information-support/support-community-elefriends/>

UK Mental Health Charity with information and an online mutual support community

General—for young people

www.kooth.com/

www.youngminds.org.uk/

www.keep-your-head.com/

Parenting Pressures

Family Action

Telephone: 0808 802 6666

Text message: 07537 404 282

<https://www.family-action.org.uk/what-we-do/children-families/familyline/>

The FamilyLine service supports people who are dealing with family pressures in a new and innovative way by using a network of volunteers from across the country to support family members over the age of 18 through telephone calls, email, web chat and text message.

Family Lives (previously Parentline)

Call: 0808 800 2222

<https://www.familylives.org.uk/how-we-can-help/confidential-helpline/>

Family Lives offers a confidential and free helpline service for families in England and Wales (previously known as Parentline). for emotional support, information, advice and guidance on any aspect of parenting and family life. The helpline service is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday.

Gingerbread

Single Parent Helpline: 0808 802 0925

gingerbread.org.uk

One Parent Families/Gingerbread is the leading national charity working to help lone parents and their children.

Grandparents Plus

Call: 0300 123 7015

grandparentsplus.org.uk

Grandparents Plus is the only national charity (England and Wales) dedicated to supporting kinship carers - grand-parents and other relatives raising children who aren't able to live with their parents.



Helpful resources for talking to children about Coronavirus

Covibook

<https://www.mindheart.co/descargables>

A short book about Coronavirus for children under 7

Newsround video

<https://www.bbc.co.uk/newsround/51342366>

Drs Chris and Xand explain what's happening

Resources for children and young people with additional needs:

<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

<https://www.mencap.org.uk/advice-and-support/health/coronavirus> - contains a link to the most up to date version of their "Easy Read" for young people and adults with learning difficulties

Resources for home education

Many schools will be setting their own learning. However, if you need something else to keep them usefully occupied then this non-exhaustive list might help those affected by school closures due to coronavirus, compiled by home educators:

Khan Academy

<https://www.khanacademy.org>

Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

BBC Learning

<http://www.bbc.co.uk/learning/coursesearch/>

This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV license required except for content on BBC iPlayer.

Futurelearn

<https://www.futurelearn.com>

Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

Seneca

<https://www.senecalearning.com>

For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.

Openlearn

<https://www.open.edu/openlearn/>

Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

Blockly

<https://blockly.games>

Learn computer programming skills - fun and free.

Scratch

<https://scratch.mit.edu/explore/projects/games/>

Creative computer programming

Ted Ed

<https://ed.ted.com>

All sorts of engaging educational videos

OFFICIAL



National Geographic Kids

<https://www.natgeokids.com/uk/>

Activities and quizzes for younger kids.

Duolingo

<https://www.duolingo.com>

Learn languages for free. Web or app.

Mystery Science

<https://mysteryscience.com>

Free science lessons

The Kids Should See This

<https://thekidshouldseethis.com>

Wide range of cool educational videos

Crash Course

<https://thecrashcourse.com>

You Tube videos on many subjects

Crash Course Kids

<https://m.youtube.com/user/crashcoursekids>

As above for a younger audience

Crest Awards

<https://www.crestawards.org>

Science awards you can complete from home.

iDEA Awards

<https://idea.org.uk>

Digital enterprise award scheme you can complete online.

Paw Print Badges

<https://www.pawprintbadges.co.uk>

Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.

Tinkercad

<https://www.tinkercad.com>

All kinds of making.

Prodigy Maths

<https://www.prodigygame.com>

Is in U.S. grades, but good for UK Primary age.

OFFICIAL



Cbeebies Radio

<https://www.bbc.co.uk/cbeebies/radio>
Listening activities for the younger ones.

Nature Detectives

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>
A lot of these can be done in a garden, or if you can get to a remote forest location!

Oxford Owl for Home

<https://www.oxfordowl.co.uk/for-home/>
Lots of free resources for Primary age

Big History Project

<https://www.bighistoryproject.com/home>
Aimed at Secondary age. Multi disciplinary activities.

Geography Games

<https://world-geography-games.com/world.html>
Geography gaming!

Blue Peter Badges

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>
If you have a stamp and a nearby post box.

The Artful Parent

<https://www.facebook.com/artfulparent/>
Good, free art activities

Red Ted Art

<https://www.redtedart.com>
Easy arts and crafts for little ones

The Imagination Tree

<https://theimaginationtree.com>
Creative art and craft activities for the very youngest.

Toy Theater

<https://toytheater.com/>
Educational online games

DK Find Out

<https://www.dkfindout.com/uk/>
Activities and quizzes

Twinkl

<https://www.twinkl.co.uk>
This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures.

Virtual tours

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
Virtual tours of some of the world's best museums

Reference documents:

The World Health Organisation

<https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf>

<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf>

Mental Health UK

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

NEF – Five Ways to Wellbeing: The Evidence

<https://neweconomics.org/2008/10/five-ways-to-wellbeing-the-evidence>

Wang et al (2020) Mitigate the effects of home confinement on children during the COVID-19 outbreak. The Lancet; Correspondence.

[https://doi.org/10.1016/S0140-6736\(20\)30547-X](https://doi.org/10.1016/S0140-6736(20)30547-X)

National Association of School Psychologists

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

Brooks et al (2020) The Psychological Effects of Quarantine and How to Reduce It: A rapid review of the evidence. In The Lancet Volume 395, ISSUE 10227.

[https://doi.org/10.1016/S0140-6736\(20\)30460-8](https://doi.org/10.1016/S0140-6736(20)30460-8)

The Child Mind Institute

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

Mind Hong Kong

<https://www.mind.org.hk/wp-content/uploads/2020/02/ResponseCoronavirusENG6.2.2020-.pdf>

Coming to terms with school changes linked to Covid-19



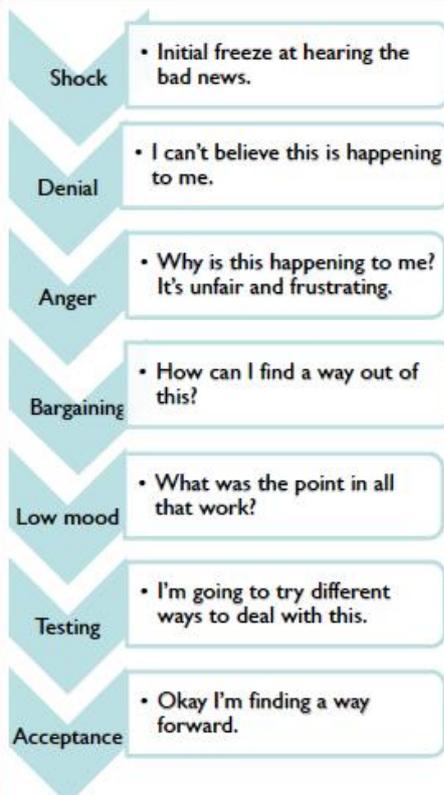
Making sense of it

So you have found out that school is closing and you will not be doing your exams this year. How has it made you feel?

- **Sad** because you might not see your friends and teachers again;
- **Worried** about what this will mean for your future;
- **Frustrated** because you have worked so hard
- **Angry** because this feels so unfair
- **Confused** about what you can or should do.

You are not alone in these feelings. Lots of your friends feel the same. You are in the middle of a very unusual situation that nobody around you has experienced before. You may feel you have lost out but be assured your feelings are normal.

However, people, and you, are resilient and when difficult things happen we often grow as individuals. The process can be uncomfortable and at first we might not think we are up to it but most of us get through it.



Time to reflect

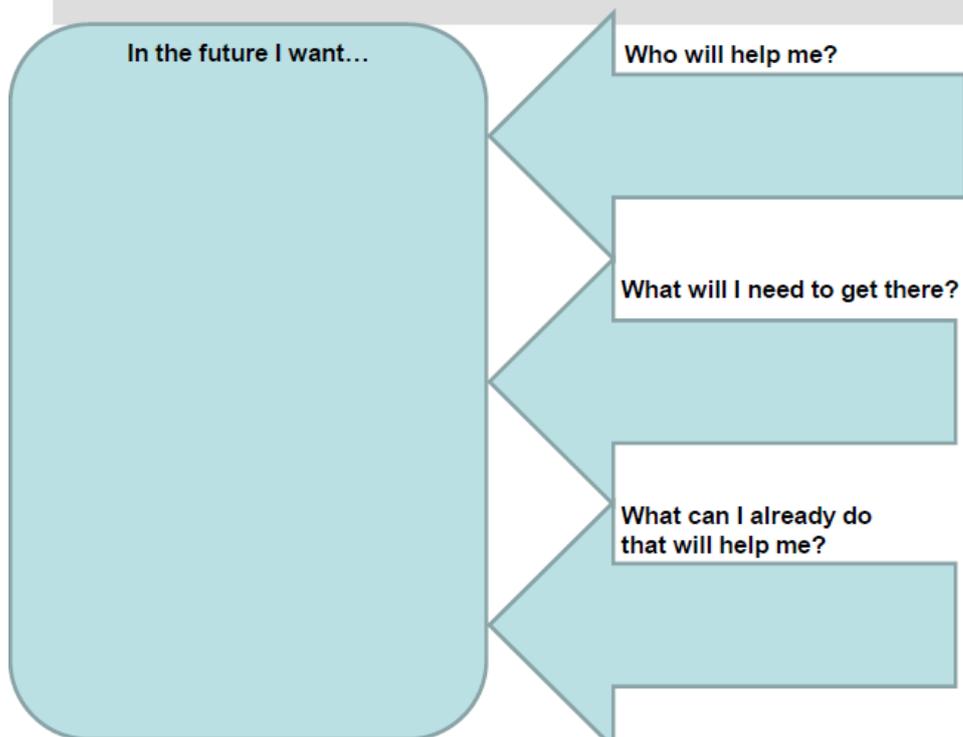
1. What has been the best experience you have had at school?
2. Who would you like to thank for your time at school?
3. Name three things that you have learned you are good at.
4. What has made you most proud about school?

What can you do next?

1. Talk to an adult you trust about how you are feeling. This flowchart might help you to do this.
2. Keep in touch with your friends and make sure you talk, rather than just doing social media.
3. Look after yourself – eat well, exercise, get outside (but practise social distancing), do things that make you feel good about yourself.
4. Write a routine! You might feel that it would be a good idea to stay in bed all day – you'll feel worse for it!

OFFICIAL

Thinking ahead



Some useful websites...

- www.actionforhappiness.org/
- www.kooth.com
- www.nopanic.org
- <https://stem4.org.uk/story/>
- www.youngdevon.org
- www.youngminds.org.uk

...and apps to help you.

- Action for Happiness
- Calm
- Catch it
- Daylio
- Headspace
- Mindshift
- MoodGym
- Smiling Mind
- Stop Think Breathe
- SuperBetter

NHS recommended apps:
www.nhs.uk/apps-library/category/mental-health/

Coronavirus

How to look after your mental health



Stay in touch



It's important to check in with friends and family - and let them know how you're feeling too. Use video calls and picture messages to say hi!

Take social media breaks



There's lots of information online - give yourself a break from social media a few times a day to focus on other things

Get some exercise



Even if you have to stay inside you can still do lots of exercise and stay active

Have some downtime



Take some time to chill out and relax doing something you enjoy

Follow advice



Keep up to date and you'll feel better knowing you're doing all you can to keep safe

MANAGING STRESS: SELF-CARE DURING THE CORONAVIRUS CRISIS

Prioritise

Break up the stress into smaller and more manageable chunks.

- Make "To do" lists - divide items into Must vs Should vs Could.
- Forgive yourself if you don't achieve something - priorities can change quickly.

Focus

Disrupt negative thinking by paying attention to the present moment.

- Look at and listen to the sights and sounds in the garden or driveway.
- Notice how your feet hit the floor when walking from room to room.
- Tune in to the smell and texture of your food as you eat.

Routine

Minimise the impact of stress by maintaining structure and routine.

- Keep doing things which are familiar and meaningful.
- New decorating projects and clear-outs can give you goals to work towards.
- Plan a new meal, start a new book or try different genres for movie nights.



Connect

Maintain support networks to promote belonging, safety and emotional regulation.

- Get in touch with friends or family that you haven't spoken to in a while.
- Use text, email, video chats or letters to check in and share news/gossip.
- Prioritise positive social media and avoid too much news coverage.

Breathe

Take control of your breathing to stifle panic.

- Slow and rhythmic breathing in and out.
- Consider movement & vocalisations from the Breath-Body-Mind approach: <https://tinyurl.com/tk4nkq4>

Exercise

Find creative ways of being active when indoors.

- Perform star jumps, lunges, planks and chair/wall push-ups during TV adverts.
- Learn a dance routine from YouTube.
- Schedule toning and bodyweight exercises each day: <https://tinyurl.com/y57d6cf7>

Gratitude

Take more notice of the pleasures in life.

- Thank others for what they do and say more often.
- Get into the habit of listing or reflecting on three good things which you are grateful for each day.

Temporary changes to the Mental Health Act

Find out more about the temporary changes to the Mental Health Act in light of the coronavirus pandemic.

Rethink
Mental
Illness.

Coronavirus: Temporary Changes to the Mental Health Act

Head Space

ANNOUNCEMENT
TUESDAY 24TH MARCH 2020

Peer 2 Peer Mental Health Support

Here for you when times get rough

A safe, calm place where
you can find support

*Due to COVID-19, Head Space is
running a telephone service only*

**OUR SERVICE WILL STILL RUN
6PM-10PM 7 DAYS A WEEK**

Please book an appointment via one of the below:

Call between 6pm-10pm: 07890 257614

Text: 07890 257614

Facebook: [facebook.com/HeadSpacePlymouth](https://www.facebook.com/HeadSpacePlymouth)

Email: headspace@colebrooksw.org

PLEASE BEAR WITH US AS LINES MAY BE BUSY
Thank you

Find us on   #YourHeadSpace



Colebrook
Inspiring people, supporting communities



Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

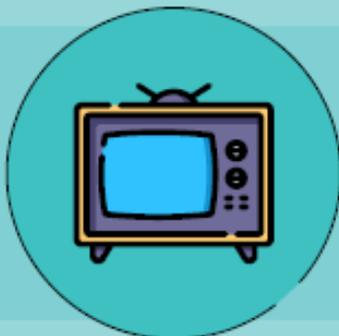
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



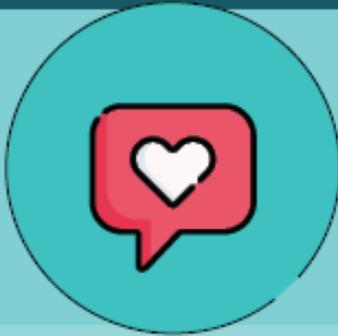
Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.





Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

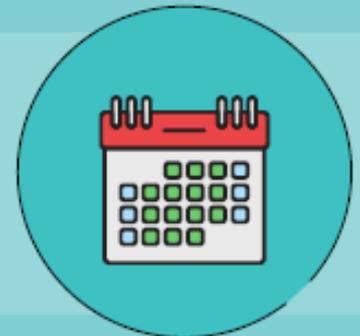
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).

Online Activities



**Join us at 2pm,
Monday - Friday
for our
Facebook Live
Animal Talk!**

DZP Dartmoor ZOO

Join Dartmoor Zoo Monday—Friday at 2pm for a Facebook Live Animal Talk!

Each day we will be giving you an informative and engaging talk regarding one of our stunning animals.

You will have the chance to ask our keeper questions during the talk and learn lots in the process.

www.facebook.com/DartmoorZoologicalPark/

Emergency Appeal

Please support Dartmoor Zoo whilst we are closed by texting us donations.

To donate £1, text DZP03 to 70201
To donate £3, text DZP03 to 70331
To donate £5, text DZP03 to 70970
To donate £10, text DZP03 to 70191

Thank you

Calling all teachers and those home schooling.....

Book in your own personal Skype virtual tour with Dartmoor Zoo for just £30!

Lasting 1 hour, this tour will take you around some of our stunning animals and gives you the chance to ask our guides lots of questions!

Available between the hours 10-3, Monday-Friday. To book please call 01752 837645, this is restricted to one booking per day and done on a first come, first serve basis.



DZP Dartmoor ZOO



[Free Virtual Tours of World Museums, Educational Sites & Galleries for Children](#)

the mathsfactor
created by Carol Vorderman

Making maths fun
with Carol Vorderman

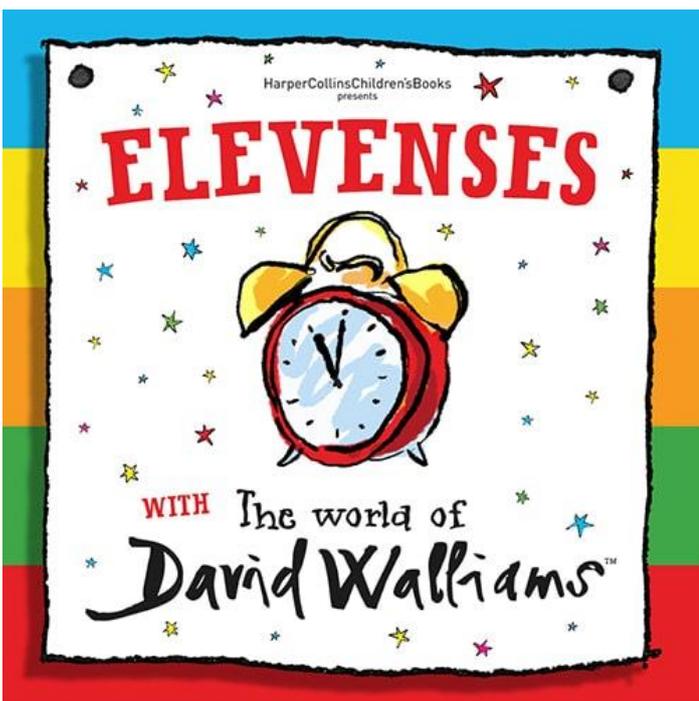


Pearson



HOW TO JOIN MY LIVE WORKOUTS THIS WEEK 🏋️ 😊

1. VISIT **YouTube** .COM
2. SEARCH : **THE BODY COACH TV**
3. HIT **SUBSCRIBE**
4. YOU WILL THEN BE NOTIFIED WHEN I GO LIVE EACH MORNING AT 9AM



BBC Bitesize

Age 5-7 	Age 7-11
Age 11-14 	Age 14-16

New bulletin times

BBC Newsround is committed to educating and informing children by helping them understand Coronavirus and what's going on across the world.

Bulletin times will be: 9.15am, 12.10pm & 4pm.

Routine

9am – 10am	Wake Up	Eat breakfast Get dressed Make your bed
10am-11am	Play time	Board Games Arts and Crafts Letter writing
11am-12pm	Learning Time	Reading Online school resources Baking
12pm- 12:30pm	Lunch Time	
12:30-13:30pm	Electronic Time	TV, Games
1:30pm-2:30pm	Quiet Time	Have a nap Help tidy up Read a book Play nicely with siblings
2:30-3:30pm	Fresh Air	Play outside in the garden Go for a walk
3:30pm-4:30pm	Reading	Read a book School Work
4:30pm- 5:30pm	Electronic Time	TV, Games
5:30-6pm	Tea Time	
	Bath Time	
	Bath Time	Normal bed time

100+ INDOOR ACTIVITIES

CRAFTS

MAKE PAPER AIRPLANES
SALT PAINTING
MAKE SUNCATCHERS
MAKE SALT DOUGH
MAKE SPONGE STAMPS
MAKE A CEREAL BOX AQUARIUM
MAKE SCRATCH ART
MAKE YOUR OWN BOOKMARKS
PAINT PET ROCKS
MAKE RECYCLED CRAYONS
MAKE PAPER BOATS
FINGER PAINT
MAKE FRIENDSHIP BRACELETS
MAKE A BIRD FEEDER
MAKE PAPER BAG PUPPETS
MAKE HANDPRINT ART
MAKE A SCRAPBOOK
DECORATE T-SHIRTS
MAKE A THANKFUL JAR
PAINT LEAVES
MAKE A TIME CAPSULE
MAKE BUTTON ART
PAINT WITH WATERCOLORS
COLOR IN A COLORING BOOK
MAKE PAPER CRAFTS
BUILD A CARDBOARD CASTLE
MAKE TISSUE BOX MONSTERS
MAKE A TOILET PAPER ROLL
BUTTERFLY
STAMP WITH CELERY
MAKE CHALK ICE
MAKE PUFFY SIDEWALK PAINT
DRAW A SELF PORTRAIT
USE RUBBER STAMPS
DO SCRAPE PAINTING
PAINT A RECYCLED JAR
MAKE SUPERHERO COSTUMES

ACTIVITIES

MAKE PLAYDOUGH
MAKE SLIME
MAKE PLAY MUD
MAKE RAINBOW RICE
MAKE FAKE SNOW
MAKE A SENSORY BIN
MAKE A SENSORY BAG
BUILD A FORT
HAVE A PILLOW FIGHT
WRITE A STORY
MAKE ICE CREAM IN A BAG
MAKE GUMMY BEARS
MAKE FRUIT ROLL-UPS
HAVE A MOVIE DAY
PUT ON A FASHION SHOW
BAKE CUPCAKES OR MUFFINS
DO YOGA
BUILD AN OBSTACLE COURSE
MAKE DINNER TOGETHER
PLAY WITH MAGNETIC TILES
BUILD SOMETHING WITH LEGO
USE DOT MARKERS
BUILD A STACK OF CARDS
PUT ON A PUPPET SHOW
MAKE A TREASURE HUNT
INDOOR BOWLING
LEARN TO DRAW
PUT ON A PLAY
MAKE INDOOR HOPSCOTCH
DO A FAMILY CHORE TOGETHER
HAVE A DANCE PARTY
HAVE A TEA PARTY
PLAY WITH WATER IN A BIN
SET UP A PLAY STORE
MAKE A SOCK TOSS GAME
MAKE PERLER BEAD ART
WRITE IN A JOURNAL

GAMES

PLAY WOULD YOU RATHER
PLAY I SPY
PLAY SIMON SAYS
PLAY BOARD GAMES
PLAY HIDE AND SEEK
INDOOR SCAVENGER HUNT
PLAY BINGO
PLAY CARD GAMES
DO A PUZZLE
PLAY CHARADES
BUILD YOUR OWN GAME
PLAY FREEZE DANCE
PLAY HOT POTATO
PLAY MARBLES
KEEP THE BALLOON UP
PLAY DOMINOES
PLAY HANGMAN
PLAY TIC-TAC-TOE

EDUCATIONAL

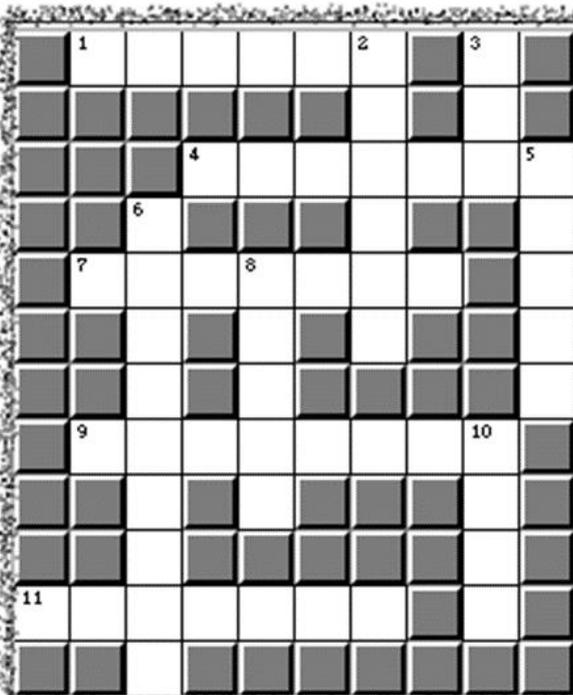
READ BOOKS
DO A SCIENCE PROJECT
LEARN ORIGAMI
LEARN ABOUT A NEW ANIMAL
LEARN A NEW CARD GAME
LEARN TO SEW
LEARN TO KNIT
DO BRAIN TEASERS
LEARN A NEW LANGUAGE
LEARN ABOUT A COUNTRY

THEBESTIDEASFORKIDS.COM

the best
IDEAS FOR
KIDS

<https://www.thebestideasforkids.com/>

OUTERSPACE PUZZLE PAGE



ACROSS

- Seventh planet from the sun
- Eighth planet from the sun
- Closest planet to the sun
- What meteors are called before they visit Earth
- Fifth planet from the sun

DOWN

- Planet with many rings
- The closest star to Earth
- Third planet from the sun
- Tool used to look at planets and stars close-up
- Sometimes shows a pretty tail
- The _____ side of the moon is cooler than the other side



Blast Off for some fun!
Games on this page are related to outerspace & our solar system.

SPACEY WORD SEARCH

Hunt for the words shown on the list below, then circle them as you find them!

E P O C S E L E T J P M R T M
 Q L S M E R C U R Y O F E F O
 P S S A E B E N Y O C S T A P
 N P E E T G W M N B M T I R K
 J N E P T U N E X C S A P C E
 V E N U S X R L I K R R U E T
 R Z O W R U X N D C A D J C U
 J M A R S P N Q D O T U P A H
 Z X S Q B R K O V T S S H P U
 M D I U H I M T U V B T S S S
 W L D S I E T R Q M G G E B V
 L M U B T K A S T E R O I D S
 A K C E P N F R S O L U N G W
 S N O T U O A F N P L A N E T
 R R P S P X L X C O M E T S D

mercury
 venus
 mars
 jupiter
 saturn
 uranus
 neptune
 telescope
 stars
 moon
 sun
 orbit
 planet
 stardust
 meteor
 comets
 asteroids
 spacecraft

Using just the letters in the word below, can you make at least 12 new words? **RULES:** You may only use a letter as many times as it is shown in the key word. Each word must be at least 4 letters long. **GOOD LUCK!**

ASTEROID

See the letters around the rocket at the top of the page? Try to rearrange them to fill in the blanks:

WHAT HAPPENS BEFORE LIFT-OFF

□ □ □ □ □ □ □ □ □ □

the
Kidz
 page.com

Cyber experts step in as criminals seek to exploit Coronavirus fears

Experts at the NCSC have revealed phishing attacks exploiting worries over COVID-19



The public are being urged to follow online safety advice as evidence emerges that criminals are exploiting the Coronavirus online.

Experts from the National Cyber Security Centre have revealed a range of attacks being perpetrated online as cyber criminals seek to exploit COVID—19.

Techniques seen since the start of the year include bogus emails with links claiming to have important updates, which once clicked on lead to devices being infected.

These ‘phishing’ attempts have been seen in several countries and can lead to loss of money and sensitive data.

The NCSC, a part of GCHQ created to keep the UK safe online, is urging businesses and the public to consult its online guidance, including [how to spot and deal with suspicious emails](#) as well as [mitigate and defend against malware and ransomware](#).

From the National Cyber Security Centre

<https://www.ncsc.gov.uk/news/cyber-experts-step-criminals-exploit-coronavirus>

In addition, in recent days the NCSC has taken measures to automatically discover and remove malicious sites which serve phishing and malware. These sites use COVID-19 and Coronavirus as a lure to make victims 'click the link'. Paul Chichester, Director of Operations at the NCSC, said:

"We know that cyber criminals are opportunistic and will look to exploit people's fears, and this has undoubtedly been the case with the Coronavirus outbreak.

"Our advice to the public is to follow our guidance, which includes everything from password advice to spotting suspect emails.

"In the event that someone does fall victim to a phishing attempt, they should look to report this to Action Fraud as soon as possible."

The NCSC has seen an increase in the registration of webpages relating to the Coronavirus suggesting that cyber criminals are likely to be taking advantage of the outbreak.

These attacks are versatile and can be conducted through various media, adapted to different sectors and monetised via multiple means, including ransomware, credential theft, bitcoin or fraud.

Continued global susceptibility to phishing will probably make this approach a persistent and attractive technique for cyber criminals. Moreover, if the outbreak intensifies, it is highly likely that the volume of such attacks will rise.

There are numerous examples of cyber attacks worldwide since the Coronavirus outbreak.

On 16 February, the World Health Organisation (WHO) [warned of fraudulent emails sent by criminals posing as the WHO](#). This followed a warning from the US Federal Trade Commission about scammers spreading phishing 'clickbait' via email and social media, as well as creating fraudulent websites to sell fake antiviral equipment.

Cyber criminals have also impersonated the US Center for Disease Control (CDC), creating domain names similar to the CDC's web address to request passwords and even bitcoin donations to fund a fake vaccine.

In January, attackers spread the Emotet banking trojan in Japan by posing as a state welfare provider to distribute infected Word documents. Similar operations have been observed in Indonesia, the US and Italy, with attackers attempting to spread the Lokibot infostealer, Remcos RAT and other malware.

Individuals in the UK have also been targeted by Coronavirus-themed phishing emails with infected attachments containing fictitious 'safety measures.'

[According to Proofpoint researchers](#), such attacks have recently become more targeted, with greater numbers focusing on specific sectors like shipping, transport or retail to increase the likelihood of success.

What is ransomware?

Ransomware is malicious software that prevents you from accessing your computer (or data that is stored on your computer).

If your computer is infected with ransomware, the computer itself may become **locked**, or the data on it might be **stolen**, **deleted** or **encrypted**.

Normally you're asked to make a payment (the ransom), in order to 'unlock' your computer (or to access your data).

However, even if you pay the ransom, there is **no guarantee** that you will get access to your computer, or your files.

This is one of the reasons why it's important to always have a recent backup of your most important files and data.

© Crown Copyright 2019

Don't be blackmailed - keep a backup!

If you have a recent backup of your most important files, then you can't be blackmailed.

Make regular backups of your most important files (such as photos and documents), and check that you know how to restore the files from the backup. If you're unsure how to do this, you can search online.

Make sure the device containing your backup (such as an external hard drive or a USB stick) is **not permanently connected** to your computer.

Turn on auto-backup so that data on your smartphone is automatically copied to the cloud. This means you'll be able to recover your data quickly by signing back into your account from another device.

Protecting your data and devices

The following steps will reduce the likelihood of your devices being infected with ransomware.

Keep your operating system and apps up to date. Apply software updates promptly, they contain patches that keep your device secure, including protection from ransomware and other types of virus.

Make sure your antivirus product is turned on and up to date. Windows and macOS have built in malware protection tools which are suitable for this purpose.

Avoid downloading dodgy apps. Only use official app stores (like Google Play or the Apple App Store), which provide protection from viruses.

What to do if you are infected

If your computer has been infected by ransomware (or any type of malware), you should:

Open your antivirus (AV) software, and run a full scan. Follow any instructions given. If your AV can't clean your device, you'll need to perform a 'clean re-install', which will remove all your personal files, apps and settings. If you're unsure how to do this, you can search online using another device.

Restore your backed-up data that you have kept on a separate device (such as USB stick, external hard drive) or cloud storage. Do not copy any data from the infected computer.

If you receive a phone call offering help to clean up your computer, **hang up immediately** (this is a common scam).

AF Anyone who thinks they may have been subject to a ransomware attack should **contact Action Fraud** (www.actionfraud.police.uk). Organisations should call 0300 123 2040. In Scotland, contact the police by dialing 101.

Should I pay the ransom?

The NCSC encourages you **not** to pay the ransom. If you do:

- there is no guarantee that you will get access to your data or computer
- your computer will still be infected
- you will be paying criminal groups
- you're more likely to be targeted in the future

www.ncsc.gov.uk @NCSC National Cyber Security Centre @cyberhq



DEVON AND CORNWALL POLICE CYBER PROTECT OFFICERS

Are you prepared for the threat of **cybercrime**?

...we are here to help protect YOU.

Whether you own a business or are part of an organisation or community group we can provide:

- Presentations and seminars
- Training and workshops
- Cyber attack simulation
- Decisions and Disruptions
- NCSC's Exercise in a Box



Our cybercrime awareness sessions can be tailored to **your** requirements and cover topics such as:

- Business Email Compromise
- Ransomware • Phishing • 2FA / MFA
- Passwords • Data Breaches
- Social Media • App security

And guess what... **its free!**

Contact us!

Laura Cowie (Devon) or Grahame Mace (Cornwall) for further info: cyberprotect@dc.police.uk



And follow us on Twitter @DC_CyberProtect

Research Opportunity



Hello! I am Katie, a Trainee Educational Psychologist completing research for my doctorate in Educational and Child Psychology at Bristol University.

This research has been approved by the School for Policy Studies research Ethics Committee.



Are **you** are a parent of an early years child with special educational needs and disabilities and an Education, Health and Care Plan who is due to start school in September 2020?

I see you as an expert in your experiences and would like to hear more about your story and views on transition to school and school placements.

Research

The aims of this study are to explore parents' experiences of making choices about preference for school placements for early years children with special educational needs and disabilities. The research will focus on understanding what supports parents in making these decisions and how to plan for their child's transition into school.

Would you like to take part?

If you decide to participate within the study, I will arrange to meet with you to find out about your experiences. I will ask your permission to complete an interview with myself, lasting approximately 30 minutes - 1 hour. This interview will take place in April, May or June 2020. I will ask your permission for this interview will be recorded, and I will transcribe this.



If you would like more information about the project or would like to contact me before making a decision about taking part please email Katie Baldwin: jz18421@bristol.ac.uk

Thank you for taking time to read this. If you are interested in taking part:

- Please email jz18421@bristol.ac.uk and I will send you more information

Are you on the Autism Spectrum?

Do you know someone who is?

The Devon Autism Alert Card was introduced to support people on the Autistic Spectrum. The card tells the emergency services or others that they may need to change their approach or behaviours in a way to support the card holder because they are Autistic.

The [Autism Alert Card](#) is available for anyone who feels they are on the Autistic Spectrum.

There is no requirement to have an official diagnosis.

To obtain a card, please contact us on **07592131597** and leave a message or email us on admin@devonlink-up.org

When you receive your card, please fill in the details on the reverse of the card.

We understand that sometimes cards get lost and there is no charge for a replacement.



Derriford Autism Service

Derriford Hospital have a new Autism Service for those with Autism who do not have a learning disability.*

The service is for patients and staff and allows those with Autism inform staff of their specific needs and get reasonable adjustments that would help to improve their care outcomes.

The service also offers Autism awareness training to staff and provide advice to those caring for patients on the Autistic Spectrum.

Contacts: Kate Bamforth
Autism Spectrum Lead Nurse

Tel: 01752 4(32920)

Email:

plh-tr.derrifordautismservice@nhs.net

**People with Autism who also have a Learning Disability will continue to be supported by the Learning Disability Team.*

Activities and Events for SEND is produced by:

Plymouth Information, Advice and Support for SEND

Jan Cutting Healthy Living Centre
Scott Business Park
Beacon Park Road
Plymouth
PL2 2PQ

Telephone: 01752 258933

Freephone: 0800 953 1131

www.plymouthias.org.uk



www.facebook.com/plymouthias

If you would like to be added to our mailing list to receive notification when the next issue is published, please email:

suzanne.davey@plymouth.gov.uk



Scan for website

