



Compass Point Primary School

Thursday 19th March 2020

Dear Parents and Carers

I must say that today is a sad day for us in school. I completely understand the need for schools to reduce their service to the wider community and to play their part in slowing the spread of the Covid-19 virus; however it is still sad that we will not be seeing you and your children every day for the foreseeable future.

Despite this being on the cards for some time I was still upset to hear the news along with the rest of you last night. Now is the time for us to put in place our plans for how each area of school life is going to change between now and when we fully reopen.

School site

The school building will be open, a skeleton staff will be here and we will be providing a service for any identified children. This means that any parents can contact school if they need any further resources to support learning at home e.g. books, pencils, pens etc... We are still waiting for further clarity on who the government are classing as 'key staff'.

Learning

We will be working and teaching children every day of term time. Teachers will be available through Class Dojo and work will be provided through their daily class blog. Look in your child's class page of the school website and scroll towards the bottom to find it. All children have been given home learning books and key resources to support them with their learning. School staff are delivering resources to any children who have not yet received them. If a member of staff is ill then a senior leader in school will update the website with learning.

There are many websites for parents to help them support their children with learning at home. We are signposting parents towards these through the website. Please look under the curriculum pages and class blogs for ideas. We will share new ones through the news function of the website.

School Meals

Children who are entitled to a free school meal, because they are in receipt of the pupil premium, will receive Asda food vouchers through the post. These are being sent from school on Friday 20th March, please look out for them in the post.

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Safeguarding

All children have been given the Childline number if they need to talk through any concerns or worries they may have. There is also a safeguarding email for school which is below. There will be a member of the safeguarding team on site during the rest of term, please contact us using the school number if you wish to discuss any safeguarding concerns.. Anyone who has concerns about a child, and cannot get hold of someone from school e.g. during the holidays, should contact First Response or if it is an urgent matter then they should call 999 and ask for the police.

First Response: 0117 9036444

Safeguarding at school email: safeguarding@compasspoint.bristol.sch.uk

Other support for families

The community fridge based in the Children's Centre is open

Local Foodbanks can be contacted for help with food parcels or if you wish to contribute food to a foodbank. Look at The Trussell Trust website to find your nearest one.

<https://www.trusselltrust.org/get-help/find-a-foodbank/>

Families can also contact Bristol's Local Crisis Prevention Fund on 0800 923 0101 Monday-Friday 9.00-12.00

School Nurse contact details are: 0300 125 6277

Keeping ourselves safe

Here is some advice we have been given to help our own mental health during this time...

Many of us will be feeling anxious and worried about the uncertain times we are living in and how this may affect us, our friends and families. You may be worried about how to continue working whilst juggling home responsibilities, anxious about your health or that of a loved one. It can feel scary and isolating but you are not alone. Remember that it is as important to take care of your mental health as well as your physical health.

Here are some tips that might help:

- **Avoid over exposure to social media and the news and try to fact check what you hear if you are worried-** It helps to be prepared and know what is going on but spending too much

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time looking at the same or incorrect information can fuel anxiety and make us feel much worse.

- **Keep to a routine**- Decide on a schedule and do your best to stick to it where possible. Try to stay on top of any work, home or general jobs you need to. It helps to take control and avoid feeling overwhelmed.

- **Stay in touch with other people** - by phone, email, social media, video calls. Keep up to date with your friends and family even when you can't see them in person. If you're not sure what to talk about, how about arranging to watch the same film or read the same book then calling afterwards to talk about it? Or writing letters to those who live further away?

- **Set yourself and your children some new goals** - Have you ever wanted to learn the guitar? Perhaps you have been meaning to take up a foreign language? Now is the time to start. Big or small, having goals is a great way to keep focused and feel like you are achieving something.

- **Stay active** - Even if you have to stay at home you can still stay active. How about signing up for online exercise classes? Teaching the kids a new dance routine and practising it at home? Or in the garden? If you are still able to leave home the National Trust is working hard to ensure that as many of its gardens, parklands as well as countryside and beaches are open to the public **free of charge**.

- **If you feel overwhelmed give yourself a break**- Do something you know makes you feel better and distracts you for a bit; watch your favourite show, bake some biscuits, do some colouring, have a bath. If you're not sure what to do and can't stop worrying, grounding or mindfulness activities can be really helpful. There are many apps such as Headspace or Calm which can help with this.

A note from our lovely PTFA...

PTFA News

We would like to thank everyone for their contributions and involvement this year. Whether you've helped out at a PTFA event, bought a cake from us, or simply have a child at Compass Point, you're a part of our school community and you help make it what it is. Please keep an eye on the PTFA facebook page at www.facebook.com/CompassPointPTFA. We hope to update it with some great ideas over the coming weeks for home learning and play.

We welcome your involvement in the PTFA, even and especially during the school closures. So, if you have any ideas about how we can help our school community through this

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uncertain time, or you'd like to contact us for any other reason at all, please email compasspointpta@gmail.com

For now, thank you all. Please stay safe and take good care of yourselves. We can't wait to see you all again soon.

Finally

It is a pleasure to teach your children; they are amazing. We will miss them greatly during this time and hope to be able to reopen the school to all the children, as soon as we are allowed. Please keep yourselves safe during this time. We are here to support you if you need us.

Kind regards

Linda Brown

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