



# **COVID-19 Amendments to the Safeguarding & Child Protection Policy**

**Annex to the Safeguarding & Child Protection Policy  
June 2020**



## COVID-19 School Closure Arrangements for Safeguarding and Child Protection at Goodmayes Primary School

This interim guidance has been developed as a response to Government guidance, however, please be aware this could be subject to change as legislation develops. Please make sure you have the latest version of this document. There have been significant changes within our setting in response to the outbreak of Covid-19. Many young people are now at home and staffing is likely to be significantly affected through illness and self-isolation. *However, as of Monday 1<sup>st</sup> June 2020 schools will be extending their opening to include all pupils in Nursery, Reception, Year 1 and Year 6 from the week commencing 1<sup>st</sup> June, alongside priority groups (vulnerable children and the children of critical workers). Eligible children should be offered a full-time place. For more information:*

<https://www.gov.uk/government/publications/covid-19-safeguarding-in-schools-colleges-and-other-providers>

Despite the changes, the school's Child Protection Policy is *fundamentally* the same: children and young people always come first, staff should respond robustly to safeguarding concerns and contact the DSL in line with our established safeguarding procedure.

This annex sets out some of the adjustments we are making in line with the changed arrangements in the school and following advice from government and local agencies.

The current school position:

From 23<sup>rd</sup> March 2020 parents were asked to keep their children at home, wherever possible. In line with government guidelines, the school remains open for a limited number of children only; children who are vulnerable and children whose parents are critical to the COVID-19 response where it is vital that they attend as they cannot be safely cared for at home.

Any updates from the 3 safeguarding partners including information on changes in arrangements for CP Conferences and Looked After Reviews can be found here:

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

### Reporting arrangements

The school arrangements continue in line with our Child Protection Policy.

The **Designated Safeguarding Lead** is:

Name: Winsome Fletcher

Tel: 07951 252217

Email: wfletcher@goodmayes.redbridge.sch.uk

The **Deputy Designated Safeguarding Lead** is:

Name: Samina Jaffar

Tel: 07951 252217

Email: sjaffar@goodmayes.redbridge.sch.uk

**Designated SLT Members for Safeguarding:**

Kimbley Lowe-Bennett (SENCo)

Email: [klowebennett@goodmayes.redbridge.sch.uk](mailto:klowebennett@goodmayes.redbridge.sch.uk)

Huma Perwiz (Early Years Foundation Stage)

Email: [hperwiz@goodmayes.redbridge.sch.uk](mailto:hperwiz@goodmayes.redbridge.sch.uk)

The Designated Link Governor for Safeguarding and Child Protection is Andrew Garland who can be contacted via Elaine Shaw, Clerk to the Governors on tel. 020 8590 5810, email [elaine.shaw@redbridge.gov.uk](mailto:elaine.shaw@redbridge.gov.uk)

The school's approach ensures the DSL or a Deputy DSL is always on site while the school is open. In the unusual circumstance this is not possible, the DSL or Deputy DSL will be contactable and the Headteacher or a member of the Senior Leadership Team will email all staff by 8:00 am to advise they are acting in an on-site safeguarding role together with contact details for the DSL or Deputy DSL.

Staff will continue to follow the Child Protection Procedure and advise the safeguarding leads immediately about concerns they have about any child, whether in school or not. COVID-19 means a need for increased vigilance due to the pressures on services, families and young people, rather than a reduction in our standards.

*There has been a slight reduction to MASH referrals during lockdown so we anticipate that as children return we may see an increase in MASH referrals. Children's services may be affected by an increased demand for services. Please discuss any referrals you are unsure of with the MASH team/Safeguarding lead before sending to ensure that urgent referrals are dealt with promptly. Please ensure you have checked the thresholds document:*

<https://www.redbridgescp.org.uk/wp-content/uploads/2015/09/Redbridge-LSCB-Multi-Agency-Thresholds-Document-September-2018-Final.pdf>

Children's Services may be affected by the impact of the virus on staff and an increased demand for services. Where a child is at risk of significant harm there may be a need to be persistent in referring concerns to the Local Authority. The arrangements for contacting Children's Services are:

**Local Safeguarding Children Board Barking and Dagenham:**

Assessment Team

127 Ripple Road

Barking

Essex

IG11 7PB

**MASH Team** from 9:00 am to 4:45 pm, Monday to Friday, Tel: 020 8227 3811

Out of hours duty team from 4:45 pm to 9:00 am, Monday to Friday, weekends and Bank Holidays

Tel: 020 8594 8356

Online Referral Form: <https://www.lbbd.gov.uk/form/child-protection-referral-form>

**London Borough of Havering:**

Duty & Referral Team

Floor 4, North Wing

Mercury House

Romford

RM1 3DW

Monday to Friday (9:00 am to 5:00 pm) – Tel: 01708 433222

Out of hours/weekends – Tel: 01708 433999

Safeguarding MARF [https://www.havering.gov.uk/downloads/20083/safeguarding\\_children](https://www.havering.gov.uk/downloads/20083/safeguarding_children)

Email: [tmash@havering.gov.uk](mailto:tmash@havering.gov.uk)

**London Borough of Newham:** MASH Online Portal

[https://azcareportal-live.newham.gov.uk/aztrriageportal/jsp\\_mash/admin/login.jsp](https://azcareportal-live.newham.gov.uk/aztrriageportal/jsp_mash/admin/login.jsp)

Tel: 020 3373 4600 during office hours (Monday to Thursday, 9:00 am to 5.15 pm or Friday 9:00 am to 5.00 pm)

Tel: 020 8430 2000 at any other time.

**London Borough of Waltham Forest:**

Waltham Forest Multi Agency Safeguarding Hub (MASH) Team

Juniper House

221 Hoe Street

London E17 9PH

Email: [MASHrequests@walthamforest.gov.uk](mailto:MASHrequests@walthamforest.gov.uk)

Tel: 020 8496 2310 (Monday to Thursday 9:00 am - 5.15 pm, Friday 9:00 am – 5:00 pm)

Tel: 020 8496 3000 (out of hours)

Virtual School Contact: [virtual.school@walthamforest.gov.uk](mailto:virtual.school@walthamforest.gov.uk)

**London Borough of Redbridge:**

If you have concerns about a child's welfare or suspect that a child is being neglected or abused, please contact Redbridge Council on:

Tel: 020 8708 3885 from 9.00 am to 5.00 pm

Tel: 020 8708 5897 (after 5.00 pm and weekends)

Alternatively, you may complete and submit a LBR Multi Agency Referral Form (MARF) Template to [CPAT.referrals@redbridge.gov.uk](mailto:CPAT.referrals@redbridge.gov.uk)

For immediate help ring the police on 999.

Should a child in the school's view be at risk of significant harm and local agencies are not able to respond, the school will immediately follow the safeguarding children partnership escalation procedure, available here:

**Redbridge**

<https://www.redbridgescp.org.uk/professionals/what-should-you-do-when-there-is-a-professional-disagreement-about-a-child/>

**Identifying vulnerability**

We have undertaken a scoping exercise to identify the most vulnerable children using government guidance.

Vulnerable children include those who have a social worker and those children and young people up to the age of 25 with Education, Health Care (EHC) Plans.

Those who have a social worker include children who have a child protection plan and those who are looked after by the Local Authority. A child may also be deemed to be vulnerable if they have been assessed as being in need or otherwise meet the definition in section 17 of the Children Act 1989.

Those with an EHC plan should be risk-assessed by their school or college in consultation with the local authority (LA) and parents, to decide whether they need to continue to be offered a school or college place in order to meet their needs, or whether they can safely have their needs met at home. This could include, if necessary, carers, therapists or clinicians visiting the home to provide any essential services. Many children and young people with EHC plans can safely remain at home.

We know who our most vulnerable children are. The Designated Safeguarding Lead and Deputy have the flexibility to offer a place to those on the edge of receiving children's social care and to offer support to other children who are vulnerable where they are able to do so. Eligibility for free school meals should not be the only determining factor in assessing vulnerability.

Goodmayes Primary School will continue to work with and support children's social workers to help protect vulnerable children. This includes working with and supporting children's social workers and the local authority virtual school head (VSH) for looked-after and previously looked-after children. The lead person for this will be: Winsome Fletcher.

There is an expectation that vulnerable children who have a social worker will attend an education setting, so long as they do not have underlying health conditions that put them at risk. In circumstances where a parent does not want to bring their child to an education setting, and their child is considered vulnerable, the social worker and Goodmayes Primary School will explore the reasons for this directly with the parent. The ultimate decision on attending school rests with the social worker.

Where parents are concerned about the risk of the child contracting COVID-19, Goodmayes Primary School or the social worker will talk through these anxieties with the parent/carer following the advice set out by Public Health England.

Goodmayes Primary School will encourage our vulnerable children and young people to attend a school, including remotely if needed or another school by arrangement, unless in consultation with the child's social worker and family it is agreed this is not in the best interests of the child.

- Children with an EHCP – [See Individual Risk Assessments - COVID-19 EHC Risk Assessments are in a folder in a lock cabinet in the School Office.]

In addition, the following groups have specific arrangements around contact and support from the school.

- Children of key workers who may attend school – [Socially Distancing procedures in place. COVID-19 Whole School Risk Assessments and procedures is stored electronically in CORONAVIRUS Folder ]

- Children at home – [Regular telephone contact at least 1 x per week. Staff able to monitor activity on J2e. Home visit will be carried out if unable to make contact:

- If parent/carer at home but child absent, they are requested to telephone the school to enable staff to speak with the child.
- If no-one at the home address, a letter is posted to inform parent/carer of the visit and asking them to contact the school so staff can speak to the child.
- If none of the above prove successful, the school will contact the EWO and possibly follow CME (Child Missing in Education) procedures.]

The plans in respect of each child in these groups will be regularly reviewed.

## **Holiday arrangements**

Shine Clubs, based at Woodlands Primary School, provided provision for children over the Easter break; further information is awaited regarding future pupil holiday provision.

## **Attendance**

The school is following the attendance guidance issued by government. Where a child is expected and does not arrive the school, we will follow our attendance procedure and make contact with the family. If contact is not possible by 9:30 am the DSL must be informed. The DSL will attempt a range of methods to contact the parent (Skype, Facetime, through a relative etc) but if necessary arrange a home visit by the school or another appropriate agency. A risk assessment will be undertaken to consider managing the implications of COVID-19 alongside other risks perceived to the child. The risk of COVID-19 does not override the duty on the school to ensure children and young people are safe.

**In all circumstances where a vulnerable child does not take up their place at school, or discontinues, Goodmayes Primary School will notify their social worker.**

The School will follow the guidance below issued by the Local Authority.

### **Procedures for recording school attendance**

Please record all pupils on the electronic registration system with a # code regardless of whether they are in school.

Use the spreadsheet provided by the Redbridge Research and Data Team to record the attendance of those pupils who you are expecting to attend school on each day.

Allocate staff to follow up those children who are not in attendance by normal procedures i.e. telephone call, SchoolPing, email.

For those pupils not in attendance who are open to Social Care either under the category of Child in Need or subject to a Child Protection plan could you please email the names of these to Sue Bendon at [sue.bendon@redbridge.gov.uk](mailto:sue.bendon@redbridge.gov.uk). Please advise if you have managed to speak to the parent/carer and if so, please give the reason provided by the parent for absence. Education Welfare Service will liaise with our Social Care colleagues where necessary to decide on the next course of action.

For other children who do not attend and you have concerns please discuss with your LBR allocated Education Welfare Officer, Brian Phillips.

If you are a school that does not currently use our service, we are asking that you follow step 4 as above. For step 5 please contact us on 0208 708 6020 or [ews@redbridge.gov.uk](mailto:ews@redbridge.gov.uk). We are asking for these procedures to be adopted by all schools during the current time so that we can ensure that a consistent approach is adopted for the follow up of this vulnerable cohort.

### **Supporting children not in school**

Goodmayes Primary School is committed to ensuring the safety and wellbeing of all its children and young people. We recognise that school is a protective factor for children, and the current circumstances can affect the mental health of pupils and their parents/carers. Teachers at Goodmayes Primary School need to be aware of this in setting expectations of pupils' work where they are at home. Communication with children and parents will take the form of remote contact via SchoolPing, J2e Toolkit, telephone contact or home visits, if necessary and recorded on CPOMS.

### **Staff will be aware of increased risk**

The pressures on children and their families now are significant. There will be heightened awareness of family pressures through being contained in a small area, poverty and financial or health anxiety. These areas should be considered in the setting of any work for children to undertake at home (including recognising the impact of online learning – see below). Staff will be aware of the mental health of both children and their parents and carers, informing the DSL about any concerns.

### **Peer on peer abuse**

We recognise the potential for abuse to go on between young people, especially in the context of a school closure or partial closure. Our staff will remain vigilant to the signs of peer-on-peer abuse, including those between young people who are not currently attending our provision. Extra care should be taken where groups have mixed age, developmental stages, are attending other schools as an interim measure and similar. When contacting these families our staff will ask about relationships between learners.

We also address the issue of peer-on-peer abuse in our remote learning curriculum. [We use an internal messaging platform (LGfL J2e) where pupils can message staff, however, only the staff member and pupil will be able to view the comments. The blogging platform (LGfL J2Webby) also has a monitoring system where pupils' messages will have to be approved by a member of staff. Any comments that are not appropriate will not be approved and a member of the Senior Leadership Team will be notified and a phone call made to parents.]

### **Mental Health**

*The coronavirus outbreak may have caused significant mental health or wellbeing difficulties for some children. It is important to recognise that while 'getting back to normal' is important and will be reassuring for many, school staff will need to consider how to support:*

- *individual children who have found the long period at home hard to manage*
- *those who have developed anxieties related to the virus*
- *those about whom there are safeguarding concerns*
- *those who may make safeguarding disclosures once they are back in schools*

*Some children may also have experienced bereavements in their immediate family or wider circle of friends or family or had increased/new caring responsibilities. All children will have missed the routine of school, seeing their friends and being supported by their teachers and other adults in the school.*

### **Mental Health Support and Resources:**

**Mind:** Mental health support 0300 123 3393

**Young Minds:** Parent helpline for children and adolescents with mental health issues [www.youngminds.org.uk/find-help/for-parents/parents-helpline/](http://www.youngminds.org.uk/find-help/for-parents/parents-helpline/); and Coronavirus and Mental Health. <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>  
Telephone: 0808 802 5544

**Rethink/Give us a Shout:** Mental health support and advice - online, by phone and via text. Text 'SHOUT' to 85258. [www.giveusashout.org](http://www.giveusashout.org) ; [www.rethink.org.uk](http://www.rethink.org.uk)

**Sane Line:** Emotional support (via email only during Covid-19). Email: [support@sane.org.uk](mailto:support@sane.org.uk).  
Telephone: 0300 304 7000. [www.sane.org.uk](http://www.sane.org.uk)

**Support Line:** Emotional support for people who are vulnerable – available via e-mail currently. Email: [info@supportline.org.uk](mailto:info@supportline.org.uk). Telephone: 01708 765200. [www.supportline.org.uk](http://www.supportline.org.uk)

**Campaign Against Living Miserably (CALM):** Free and confidential helpline and webchat – 7 hours a day, 7 days a week for anyone who needs to talk about life’s problems. Telephone: 0800 58 58 58

**Care for the Family:** Support and advice linked to relationships, parenting and bereavement. Helpline: 029 2081 0800. [www.careforthefamily.org.uk/family-life/parent-support](http://www.careforthefamily.org.uk/family-life/parent-support)

**Book of Beasties:** Book of Beasties is a psychologist endorsed early intervention card game for schools and parents that aspires to raise emotional literacy, teach empathy, resilience and normalise the open conversation about mental health, whilst practicing alternative simple exercises to help cope should issues arise. <https://www.bookofbeasties.com/>

**Place2Be:** We’ll meet again - A selection of assembly ideas and class-based activities for the Primary School community as it comes back together. <https://www.place2be.org.uk/media/yesltwzt/primaryschoolresources.pdf>

**Facts4Life:** Return to School Resources – Primary. The key to a successful return to school for staff and pupils is relationships and reconnecting with one another. Connection is the foundation upon which we can build the learning. Use PACE: Playfulness, Acceptance, Curiosity, Empathy in all interactions. <https://facts4life.org/resources/teachers-book-primary-4th-edition/mental-health/>

**ELSA Support:** Back to School Wellbeing Questionnaire. <https://www.elsa-support.co.uk/back-to-school-wellbeing-questionnaire/>

**ELSA Back to School:** A story about returning to School during the Pandemic. <https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Coronavirus-back-to-school.pdf>

### **Risk online**

Young people will be using the internet more during this period. The school may also use online approaches to deliver training or support. Staff will be aware of the signs and signals of cyberbullying and other risks online and apply the same child-centred safeguarding practices as when children were learning at the school.

- The school continues to ensure appropriate filters and monitors are in place
- Our governing body will review arrangements to ensure they remain appropriate

The school has taken on board guidance from the UK Safer Internet Centre on safe remote learning and guidance for safer working practice from the Safer Recruitment Consortium. We have reviewed the code of conduct and information sharing policy accordingly. See Safeguarding and Online Safety Policy AUP Addendum for home Learning <https://www.lgfl.net/online-safety/resource-centre?s=24>

and Safeguarding in Schools, Colleges and other Providers guidance

<https://www.gov.uk/government/publications/covid-19-safeguarding-in-schools-colleges-and-other-providers/coronavirus-covid-19-safeguarding-in-schools-colleges-and-other-providers>

- Staff have discussed the risk that professional boundaries could slip during this exceptional period and been reminded of the school’s code of conduct and importance of using school systems to communicate with children and their families.

### **Children and online safety away from school and college**

It is important that all staff who interact with children, including online, continue to look out for signs that a child may be at risk. Any such concerns should be dealt with as per the Child Protection Policy



and where appropriate referrals should still be made to children's social care and, as required, the police.

Online teaching should follow the same principles as set out in the Staff Code of Conduct.

Goodmayes Primary School will ensure any use of online learning tools and systems is in line with privacy and data protection/GDPR requirements.

Where pupils are using computers in school, appropriate supervision will be in place.

Below are some things to consider when delivering virtual lessons, especially where webcams are involved:

- No 1:1s, groups only
- Staff and children must wear suitable clothing, as should anyone else in the household.
- Any computers used should be in appropriate areas, for example, not in bedrooms; and the background should be blurred.
- The live class should be recorded so that if any issues were to arise, the video can be reviewed.
- Live classes should be kept to a reasonable length of time, or the streaming may prevent the family 'getting on' with their day.
- Language must be professional and appropriate, including any family members in the background.
- Staff must only use school approved platforms to communicate with pupils
- Staff should record the length, time, date and attendance of any sessions held.

Parents and carers have received information about keeping children safe online with peers, the school, other education offers they may access and the wider internet community. We have set out the school's approach, including the sites children will be asked to access and set out who from the school (if anyone) their child is going to be interacting with online. Parents have been offered the following links via SchoolPing:

- Internet matters - for support for parents and carers to keep their children safe online
- London Grid for Learning - for support for parents and carers to keep their children safe online
- Net-aware - for support for parents and carers from the NSPCC
- Parent info - for support for parents and carers to keep their children safe online
- Thinkuknow - for advice from the National Crime Agency to stay safe online
- UK Safer Internet Centre - advice for parents and carers
- Free additional support for staff in responding to online safety issues can be accessed from the Professionals Online Safety Helpline at the UK Safer Internet Centre
- Kids SMART – smart rules about keeping safe when using the internet

### **Allegations or concerns about staff**

With such different arrangements young people could be at greater risk of abuse from staff or volunteers. We remind all staff to maintain the view that 'it could happen here' and to immediately report any concern, no matter how small, to the safeguarding team.

Any staff or volunteers from outside our setting will complete an induction to ensure they are aware of the risks and know what they need to do if they are concerned.

We have confirmed the arrangements to contact the LADO at the Local Authority remain unchanged:

### **Redbridge**

Helen Curtis - Tel: 020 8708 5350

[helen.curtis@redbridge.gov.uk](mailto:helen.curtis@redbridge.gov.uk)

If necessary, the school will continue to follow the duty to refer to DBS any adult who has harmed or poses a risk of harm to a child or vulnerable adult, and to the Teacher Regulation Agency in line with paragraph 166 of Keeping Children Safe in Education 2019 using the address [Misconduct.Teacher@education.gov.uk](mailto:Misconduct.Teacher@education.gov.uk)

### **New staff or volunteers**

New starters must have an induction before starting or on their first morning with the DSL or a deputy. They must read the school child protection policy, the behaviour policy, the whistleblowing policy and the code of conduct. The DSL or deputy will ensure new recruits know who to contact if worried about a child and ensure the new starters are familiar with the child protection procedure.

If staff or volunteers are transferring in from other registered education or childcare settings for a temporary period to support the care of children, we will seek evidence from their setting that

- the member of staff has completed relevant safeguarding training in line with other similar staff or volunteers;
- they have read Part I and Annex A of Keeping Children Safe in Education; and
- where the role involves regulated activity and the appropriate DBS check has been undertaken by that setting we will undertake a written risk assessment to determine whether a new DBS would need to be undertaken. It may be in these exceptional times we can rely on the DBS undertaken by their setting.

New starters will complete the Keeping Children Safe in Education Knowledge Check, Prevent and the Introduction to Safeguarding Children online courses with Safeguarding Network within their first week.

### **Our child protection procedures hold strong:**

- Volunteers may not be left unsupervised with children until suitable checks have been undertaken. People supervising volunteers must be themselves in regulated activity, able to provide regular, day to day supervision and able in all circumstances to protect the children.
- The school will undertake a written risk assessment on the specific role of each volunteer to decide whether to obtain an enhanced DBS check (with barred list information) for all staff and volunteers new to working in regulated activity in line with DBS guidance.
- When undertaking ID checks on documents for the DBS it is reasonable to initially check these documents online through a live video link and to accept scanned images of documents for the purpose of applying for the check. The actual documents will then be checked against the scanned images when the employee or volunteer arrives for their first day.
- The school will update the Single Central Record of all staff and volunteers working in the school, including those from other settings. This will include the risk assessment around the DBS. A record will be kept by Winsome Fletcher of who is working in the school each day.

### **New children at the school**

Where children join our school from other settings we will require confirmation from the DSL whether they have a Safeguarding File or SEN Statement/EHC Plan. This file must be provided securely before the child begins at our school and a call made from our DSL or a deputy to the placing school's DSL to discuss how best to keep the child safe. In some unusual circumstance this may not be possible. Information provided must include contact details for any appointed social worker and where relevant

for the Virtual School Head. Safeguarding information about children placed in our school will be recorded on CPOMS, will be securely copied to the placing school DSL and will be securely returned to the placing school on completion of the child's placement with us so there is a continuous safeguarding record for the child.

The DSL will undertake a risk assessment in respect of any new information received, considering how risks will be managed and which staff need to know about the information. This will be recorded on CPOMS.

## Where to get support during school closures

### Emergency Contacts

Organisation	What do they offer?	Contact Details
Children's Services	Emergency safeguarding	020 8708 3885 from 9.00am to 5.00pm 020 8708 5897 (after 5.00pm and weekends)
Multi-Agency Safeguarding Hub (MASH)	Onward referrals to Early Help or Social Services	<a href="mailto:CPAT.referrals@redbridge.gov.uk">CPAT.referrals@redbridge.gov.uk</a>
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	<a href="tel:02071868270">0207 186 8270</a> <a href="tel:08009702070">0800 970 2070</a> (Press option 1) <a href="http://www.ncdv.org.uk">www.ncdv.org.uk</a>
Solace	Domestic abuse helpline	0808 802 5565
Reach Out	Redbridge Council domestic violence service	0800 145 6410 Monday to Friday 9:00am – 5:00pm Residents can also email <a href="http://www.redbridge.gov.uk/reachout">www.redbridge.gov.uk/reachout</a>
Child Law Advice	Advice on legal matters to do with child and family law E-mails preferred due to COVID-19	0300 330 5480 <a href="http://www.childlawadvice.org.uk">www.childlawadvice.org.uk</a>

### COVID - 19 Specific Help

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="http://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html">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 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>  <a href="https://www.annafreud.org/on-my-mind/">https://www.annafreud.org/on-my-mind/</a>
Video for children and young people	Regarding the Coronavirus	<a href="https://www.youtube.com/watch?v=ME5IZn4-BAk">https://www.youtube.com/watch?v=ME5IZn4-BAk</a>  <a href="https://www.annafreud.org/on-my-mind/">https://www.annafreud.org/on-my-mind/</a>
Lets Talk Improving Access to Psychological Therapies (IAPT)	Service designed to work with mild to moderate common mental illnesses, including depression and anxiety disorders	020 8342 3012 <a href="mailto:lets-talk-enfield@nhs.net">lets-talk-enfield@nhs.net</a>
Unicef	Information regarding Coronavirus	<a href="http://www.unicef.org/coronavirus/covid-19">www.unicef.org/coronavirus/covid-19</a>

## Mental Health Support

Organisation	What do they offer?	Contact Details
Mind	Mental health support	0300 123 3393
Young Minds	Parent helpline for children and adolescents with mental health issues	<a href="http://www.youngminds.org.uk/find-help/for-parents/parents-helpline/">www.youngminds.org.uk/find-help/for-parents/parents-helpline/</a> 0808 802 5544
Rethink / Give us a shout	Mental health support and advice - online, by phone and via text	Text 'SHOUT' to 85258 <a href="http://www.giveusashout.org">www.giveusashout.org</a> <a href="http://www.rethink.org.uk">www.rethink.org.uk</a>
Sane Line	Emotional support (via email only during Covid-19)	Email: <a href="mailto:support@sane.org.uk">support@sane.org.uk</a> 0300 304 7000 <a href="http://www.sane.org.uk">www.sane.org.uk</a>
Support Line	Emotional support for people who are vulnerable – available via e-mail currently	Email: <a href="mailto:info@supportline.org.uk">info@supportline.org.uk</a> 01708 765200 <a href="http://www.supportline.org.uk">www.supportline.org.uk</a>
Campaign against living miserably (CALM)	<a href="#">Free and confidential helpline and webchat</a> – 7 hours a day, 7 days a week for anyone who needs to talk about life's problems.	0800 58 58 58

## Parenting Advice

Organisation	What do they offer?	Contact Details
Family Lives	Support and advice relating to all aspects of family life that include all stages of a child's development, issues with schools and parenting/relationship support. We also respond when life becomes more complicated and provide support around family breakdown, aggression in the home, bullying, teenage risky behaviour and mental health concerns of both parents and their children.	Email: <a href="mailto:askus@familylives.org.uk">askus@familylives.org.uk</a> 0808 800 2222 <a href="http://www.familylives.org.uk">www.familylives.org.uk</a>

NSPCC	Information and advice on how to keep children safe, online safety and support for parents.	Helpline: 0808 800 5000 Email: <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a> <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	Support and advice linked to relationships, parenting and bereavement.	Helpline: 029 2081 0800 <a href="http://www.careforthefamily.org.uk/family-life/parent-support">www.careforthefamily.org.uk/family-life/parent-support</a>
Action for children	Support and advice for parents on a range of topics and information on fostering and adoption. Things to do with your child at home during Covid-19.	<a href="http://www.actionforchildren.org.uk/support-for-parents">www.actionforchildren.org.uk/support-for-parents</a>
Family Based Solutions	Family Based Solutions works with the whole family to end the abuse and repair family relationships.	020 8363 6262 <a href="mailto:admin@familybasedsolutions.org.uk">admin@familybasedsolutions.org.uk</a>

This policy has been remotely approved by Governors on 9<sup>th</sup> June 2020 and is available on the school website.