



Godshill Primary School

Telephone: 01983 840246

Email: godshill@stenburyfederation.co.uk

Website: www.godshillprimaryschool.co.uk

Newsletter 23 3rd April 2020

Dear Parents and Carers,

We have reached the end of an unprecedented term and have faced many challenges, which no one could have predicted. The school does not seem the same without the buzz and excitement from the children when they are all in. I would like to say well done and thank you to you all, for all you have achieved in this time. Not only have you had to continue with the day-to-day challenges we all face, but you have also had to become the facilitators of your children's learning.

I know that many of you have worked hard in helping your children to access the suggested learning that we have been putting online. We have seen some amazing examples of work, where everyone has tried their best, which is all we can ask for. Well done. Some have found this more challenging than others, which is totally understandable. Every child is unique with their own learning needs and some of you have 3 or 4 different types of learning happening at the same time which, with the different dynamics of the family set-up added into the mix, is an absolutely huge challenge to do as well as trying to keep the equilibrium of the household.

Please, if you are someone who has found the learning challenging, do not feel that you are failing. You may feel that your children are showing signs of regressing, going backwards in some of their behaviours. This is a perfectly normal reaction; it is their way of coping, especially when they don't know how to express or even understand themselves how they are feeling. Just go with them and support them and when they are ready, they will progress again. The government have set guidance for helping supporting children and young people with their mental health and wellbeing: <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

I would like to say that it is not very often that we get to spend so much time with our children and although it is not in circumstances that we would wish for, we need to take this situation and try and focus on the positive things that can come from it in a time of such turmoil. Our children are a gift to us and they are our future. Please take this opportunity to do things with your children that you otherwise would not get the chance to. It is the communication that we have with children that is the most powerful. Why not teach them new skills, explore your hobbies and their interests, share the love of learning – there is more to learning than just the curriculum. Here are just a few ideas that you could try:

Build a den	Bake	plant some seeds / grow veg	design a poster to put in your window	learn to sew
play shops – learning about the value of money	make dinner together	make a log of how plants grow	create a family gallery of all your artwork	try knitting
camp out in the front room	make a picnic for in the garden	start a wormery	create a collage	make playdough
tell stories	make sandwiches in strange shapes	bird watching	make cards for people	make a book where you each add something
read together	make indoor restaurant and serve the family	create a bug hotel	make a puppet theatre	indoor treasure hunt
papier Mache	board games	finger puppets	sock puppets	coronagraph a dance to a favourite family track
learn to cook something new	make a fitness routine for your family	make a scrapbook	photo diary	night time sky-watch with hot choc
make something new out of old clothes	make handprint pictures and write messages around the hands	play hopscotch	make a time capsule	play charades
learn some magic tricks	make a family variety performance	weave something	make a small world for characters	

I am sure you have come up with many more creative things to do. Why not share your brilliant ideas on our Facebook page?

Over the Easter holidays we want you to enjoy your time as a family – it is an official holiday from school after all. If the school continues to be closed after the Easter holiday we will continue to put the learning on the website for you. Please do not feel that it is compulsory and that you have to do everything and keep up with the work. The main focus of this is to help give you some guidance and the children some routine. The routine, however you plan it, will help the children to feel safe and secure when so much has changed around them, you could even make the routine with them. It is the act of keeping the mind active that is important – sharing stories, reading things together, playing together and all the other activities and skills that you do together count towards this. Ask the questions: How? Why? What do you think? And you'll be amazed at some of the answers you will get.

Lastly, on the back page of this newsletter are two very important certificates that I wanted to share with you. Don't forget to have a look.

We truly look forward to the day we can open the school to you again and welcome you back with open arms. In the meantime, if you need us, please send an email into the office.

Take care of yourselves and your loved ones and stay safe.

Mrs Tombleson



Where can you get help if you are using unsafe behaviours within your relationship?

Domestic Abuse is never acceptable

The Hampton Trust want to ensure everyone feels safe

We know that Covid -19 will have a serious impact on the lives of many families as they are forced to self-isolate in homes where they do not feel safe

Could your family be fearful of your behaviour?

Are you concerned you are being abusive to your partner and your children are witnessing this?

The Hampton Trust have developed an enhanced service during the coronavirus pandemic to offer support and guidance associated with long periods of lockdown. This is an opportunity to reflect on your behaviour within the home and to learn practical tools to ensure your actions are not placing your family at risk. Our services can be accessed via telephone, FaceTime, video link, email or text and you will be able to arrange contact at a time that suits you.

We will also offer support to your partner separately to ensure safety is paramount during these unprecedented times

You can contact us through our website

www.hamptontrust.org.uk

The Hampton Trust

02380 009898

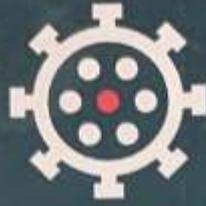
Or the Hampshire Domestic Abuse Service

0330 016 5112

Our service on the Isle Of Wight

0800 234 6266





CORONA VIRUS

Domestic abuse – where to get help during the Covid-19 pandemic

We know that COVID-19 (Coronavirus) will have a serious impact on the lives of women, children and men who are experiencing domestic abuse. Fears over jobs, financial pressure, school closures, working from home and all the other current changes to our day to day lives are likely to result in an increase in domestic abuse incidents.

If you're already living with domestic abuse, then the restrictions put in place while the government tries to slow the spread of the virus have probably left you fearful of being isolated in the house with your abuser and as if there is nowhere to go for help. You may not be able to see the friends and family who usually support you, and some of the places where you go for help or treatment may be closed or offering a reduced service. Please remember that you can still call 999 if you or someone else is in danger.

While some domestic abuse support services are not able to offer face to face meetings at this time, there is still help and advice available online and over the phone. These local and national organisations are working hard to ensure they can still support you.

Hampshire Domestic Abuse Service – 03300 165112

Stop Domestic Abuse (Portsmouth) – 023 9206 5494

Aurora New Dawn – 023 9247 9254

Yellow Door (Southampton) – 023 8063 6313

PIPPA (Southampton) – 023 8091 7917

You Trust (Isle of Wight) – 0800 234 6266

National Domestic Abuse Helpline – 0808 2000 247

Men's Advice Line – 0808 801 0327

National LGBT+ Domestic Abuse Helpline – 0800 999 5428

If you're a child or young person and domestic abuse is happening in your home or relationship, then call Childline on 0800 1111.





You First response to COVID 19

In light of the continued changes to practice and updates from government I thought it would be useful to send out an update to all our stakeholders and communities. I know that You First and Connect have been keeping their own communities updated as much as possible and working together with partners and commissioners in these unprecedented times.

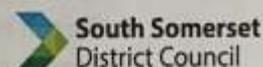
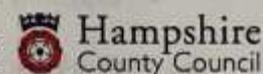
You First are committed to the safety and wellbeing of all people experiencing abuse and our services are working hard to ensure that we remain in contact with all people we work with. You First continues to provide support to those experiencing domestic abuse across Dorset, Hampshire, Somerset, IOW and West Sussex during these difficult times. We can help adults, children and families who need safety advice, emotional support and we also offer refuge or safe houses.

Along with our colleagues and partner agencies, we have also taken the difficult decision to follow guidance which means most staff are home working with very few face to face visits. These may happen on a case by case basis for target hardening for example, but generally we have increased capacity to enable contact via phone, text, social media, email services and can carry out face to face via digital platforms.

All advice and single point of contact lines remain open and we are still taking referrals and advising people on a case by case basis regarding the support they will receive. Residents in our refuges are still being supported by You First Staff, in line with safe practical guidance and we will advertise spaces when they are available and where it is safe to do so. We are asking all people who come to refuges to adhere to our 14 day isolation protocols and we will help and support for shopping and other necessities.

The safety of the people in our communities are our highest priority and we welcome working together to keep people safe. We continue to work with our partners The Hampton Trust, Aurora New Dawn and Stop Domestic Abuse and others across the counties. We are committed to join together and support each other to keep our communities safe.

We know this is a dangerous and difficult time for people who are victims of domestic abuse and are isolated at home, we ask members of our



communities to be especially vigilant if you see or hear something that concerns you please phone the police and they will contact us if needed.

Whilst we would love to hear from you, please know that our teams are working flat out and there may be a slight delay in our getting back to you. We will prioritise contact with victims and survivors of domestic abuse but please do contact us if you feel your behaviour is harming another person and you wish to seek help and support.

Please bear with us during these next few weeks and we wish you our best wishes and hope you keep safe and well.

Hampshire 0800 916 9878

- Target Hardening
- Health based Domestic Abuse Advocacy
- DVA Cars
- Dragonfly outreach and champion community training and support

Dorset and Bournemouth Christchurch and Poole 0800 032 5204

- Outreach
- Refuge and Safe House
- Stalking
- Sexual Violence Advocacy
- Target Hardening
- Diversity and Inclusion specialist support
- Refuge accommodation and support for male victims
- Health based Domestic Abuse Advocacy
- Dragonfly outreach and champion community training and support

Isle of Wight 0800 234 6266

- Refuge
- Outreach support
- Target hardening
- Health based Domestic Abuse Advocacy
- Community perpetrator programme (The Hampton Trust)
- Sexual Violence advocacy (The Hampton Trust)
- IDVA service

West Sussex - Connect 01403 229017

- Working with whole family support
- Specialist victims and perpetrator teams
- Specialist children's teams
- Peer development groups
- Outreach

- Support groups
- Counselling and therapeutic interventions

Somerset 0800 694 9999 (from 1st April 2020) youfirstsidas@theyoutrust.org.uk

- Outreach
- Refuge and Safe Houses
- IDVA
- Speciality children's teams
- Specialist perpetrator teams
- Dragonfly outreach and champion community training and support
- MARAC teams

We will send out regular updates on our social media, please do support and share on Twitter and Facebook and are working on an alternative communication/contact via our website for victims of domestic abuse when they are not able to talk.

Please do not hesitate to contact us should you need any further information and please share with any partner agencies.

Thank you

Tonia Redvers
Quality and Operations Director
The YOU Trust



Star of the Week!

Congratulations to
All Parents and Carers

For their amazing efforts and resilience in times of adversity.

Well Done!

Date 3rd April 2020

Signed: Mrs Tombleson



Star of the Week!

Congratulations to
All Children

For rising to the challenge of learning at home.

Well Done!

Date 3rd April 2020

Signed: Mrs Tombleson

