

Weekly Newsletter

20 April 2020

STAY AT HOME - PROTECT THE NHS - SAVE LIVES

Dear Parents and Carers

Welcome to the summer term. We hope that pupils and families had an enjoyable Easter break under the circumstances. You may have seen in the news that the government intends to keep the current lockdown measures in place for at least the next three weeks. With this in mind, we want to reassure you that our schools will continue to provide home learning resources each week and remain open for vulnerable children and the children of key workers to still attend.

If you do have any questions or concerns, you can continue to contact your school in the usual way by phone or email. The Pathfinder central team are also working remotely and can be contacted by emailing info@pmat.academy.

Free school meals update

For parents receiving the new Edenred free school meal vouchers by post, from Monday 20 April these will be supplied to cover a four-week period. Parents receiving the free school meal vouchers electronically will continue to receive them on a weekly basis. If you have any questions about the free school meal vouchers, please contact your school in the first instance.

Eligibility for free school meals

If your employment situation has changed due to the COVID-19 lockdown measures you may now be eligible for free school meals. Primary school parents can find more information and apply for educational benefits on the City of York Council website: www.york.gov.uk/SchoolMeals.

Parents at Archbishop Holgate's should contact the school on reception@archbishopholgates.org to check free school meal eligibility.

JustGiving™

Archbishop Holgate's School has set up a Just Giving page to raise £1,500 to help support families who are struggling.

To find out more and make a donation, visit:

www.justgiving.com/crowdfunding/ahs-unity-fundraising

To enable Archbishop Holgate's School (a registered charity) reclaim 0.25p for every £1 please send an email to finance@archbishopholgates.org with your name and address, the amount you've donated so that we can claim the gift aid to further help struggling families.

BBC

Bitesize Daily

Beginning on Monday 20 April, BBC Bitesize will be publishing daily online lessons for all ages. Pupils will be able to access regular daily lessons in English and Maths as well as other core subjects.

For more information, please visit: www.bbc.co.uk/bitesize/dailylessons

Pupils and parents should continue to use the many online learning resources our schools are providing each week. If you need any help or support accessing these please contact your school by phone or email.

Coronavirus: information and advice

We have setup a page on the Pathfinder website where you can find the latest information and updates, including copies of our weekly newsletter.

LATEST UPDATES

Looking after our mental health and wellbeing



With the news that the current lockdown measures are going to be in place for at least the next three weeks we wanted to provide you with some useful advice and resources for looking after your families mental health and wellbeing.

The NHS has updated their Every Mind Matters website with information and advice specific to coronavirus and wellbeing, including:

- Tips to help if you're worried about coronavirus
- Looking after children and young people
- Simple ideas to tackle working from home
- Mental wellbeing while staying at home

Visit the Every Mind Matters website: www.nhs.uk/oneyou/every-mind-matters

The website also features a mind plan quiz. By answering five quick questions you get a free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

Get your personalised Mind Plan: www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/

Keep active

While we are all confined to our homes, it is important to keep active and exercise as best we can. Not only does this help to keep us healthy but also improves our mental health and wellbeing.

Top tips for keeping active:

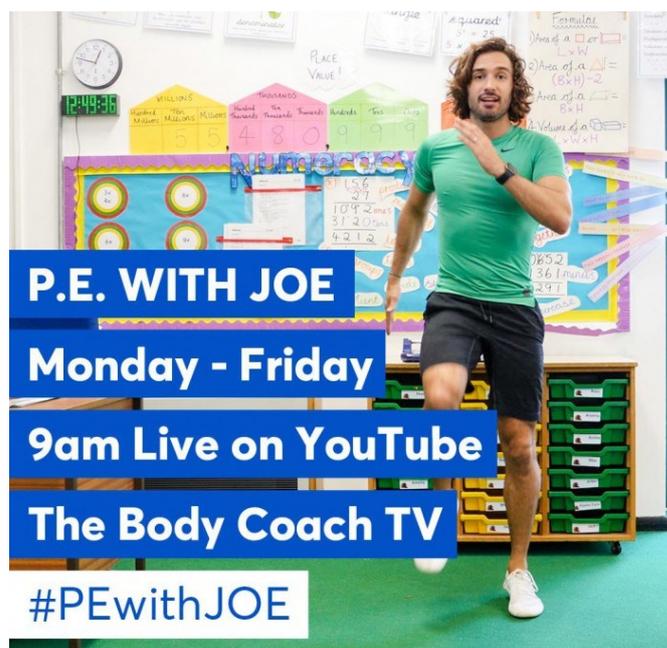
Joe Wicks, The Body Coach, is streaming daily half hour PE sessions on his YouTube channel at 9am:

www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ

The Sport England website has useful advice and guidance on keeping fit in and around your home:

www.sportengland.org/stayinworkout

The government's advice allows you to leave your house once a day to exercise in your local area.



Support for children and young people

If you're worried about how your child is coping there is lots of help, advice and support available.

Young Minds offers advice about mental health in children and young people. You can call the helpline on 0808 802 5544 or visit the website: youngminds.org.uk

Shout provides free, confidential support with trained crisis volunteers via text, 24 hours a day 7 days a week. Text SHOUT to 85258.

Childline offers a confidential telephone counselling service, allowing your child to speak to someone anonymously. They can:

- call 0800 1111 any time, free of charge
- have an [online chat with a counsellor](#)
- check out the [Childline message boards](#)
- Use the [Childline helper](#)